

BRONZE VAULT 1

Vault 1A: STRETCH JUMP (SV 4.5)

APPROACH	Each <u>0.30</u> <u>4.50</u> (Void 1A)	Additional jumps on board (double bouncing) Runs onto board & steps up onto Mat Stack or rebounds from board onto Mat Stack on Body Parts other than feet first
STRETCH JUMP FROM BOARD TO MAT STACK	Up to 0.50	Lack of height on Stretch Jump
	Up to 0.50	Failure to maintain a stretched body position during jump
	Up to 0.50	* <i>Pike</i>
	Up to 0.50	* <i>Tuck</i>
	Up to 0.30	* <i>Arch</i>
	Up to 0.30	Incorrect arm and head alignment
	Up to 0.20	Legs separated
	Up to 0.10	Incorrect foot form
	Up to 0.50	Failure to land in demi-plie with control and proper body position
	<u>0.05</u>	Failure to join (slide) heels together on controlled extension of landing with feet a maximum of hip-hip-width apart
Up to 0.10	Entire foot/feet slide or lifted off the mat to join on controlled extension of landing with feet a maximum of hip-width apart	
Up to 0.10	Landing with feet staggered (one in front of the other)	
<u>0.10</u>	Landing with feet further than hip-width apart	
GENERAL FAULTS	Up to 0.30	Insufficient dynamics (speed/power)
	<u>0.50</u>	Fall (onto hands, knees and/or hips) after landing stretch jump on feet first
	(CJ) <u>0.50</u>	Vaults without signal from Chief Judge (CJ deduct <u>0.50</u> from Average of next Vault)
	No deduction VOID (1A)	1st Balk Performing a 2nd or 3rd Balk

Vault 1B: KICK TO HANDSTAND, FALL TO FLAT BACK (SV 4.5)

GYMNAST MAY STEP BACK ONTO BOARD TO KICK TO HANDSTAND WITH HANDS ON MAT STACK OR BOARD

APPROACH	Each Up to 0.20 Up to 0.10 Each <u>0.50</u>	Failure to maintain arms next to ears, while reaching for the mat or board Failure to use levering action into the Handstand Extra Kick-up to Handstand
HANDSTAND	Up to 0.50	Bent arms
	Up to 0.30	Bent legs
	Up to 0.20	Legs separated
		Incorrect alignment in the Handstand
	Up to 0.30	* <i>Showing a shoulder angle less than 180</i>
	Up to 0.50	* <i>Pike</i>
	Up to 0.30	* <i>Arch</i>
	Up to 2.00	* <i>Failure to show an inverted vertical position from hands to hops (performing a forward Rolling action</i>
<u>1.00</u>	* <i>Failure to contact mat with both hands</i>	
Each <u>0.10</u>	Additional hand placements (taking steps/hops on the hands) Max 0.30	
Up to 0.10	Incorrect foot form	
POST - HANDSTAND LANDING	Up to 1.00	Failure to land on flat back If a gymnast lands in a flat-back position and then slides off the end of the mat, there is no penalty for a fall. She does not get back on the mat stack to complete the vault.

BRONZE VAULT 2

JUMP TO HANDSTAND - FALL TO FLAT BACK SV 10.00

GENERAL FAULTS	Each phase up to 0.30 Each phase up to 0.50 Each phase up to 0.30 Each phase up to 0.20 Each phase up to 0.10 Each phase up to 0.10 Up to 0.30 Up to 0.30 <u>0.50</u> (CJ) <u>0.50</u> <u>1.00</u> *VOID *VOID No Deduction *VOID	Failure to maintain a straight body position *Arch *Pike Legs bent Legs separated Incorrect foot form Incorrect head alignment Deviation from a straight direction Insufficient dynamics (speed/power) Assistance (spot) of coach on the landing Vaults without signal from Chief Judge. <u>0.50</u> from Average of next vault Spot during any phase of Vault (Max spot deduction 1.50) Run approach which results in gymnast coming to rest or support on top of the Mat Stack without execution of the vault (EX: Rebounds from board, jumps to place hands on mat, does not Pass through vertical plane and returns to the board or lands on mat stack between the Board & Hand placement) Performing incorrect vault (i.e. squat on) 1st Balk Performing a 2nd or 3rd Balk
FIRST FLIGHT	See Vault General faults above	
SUPPORT PHASE	Up to 0.50 <u>2.00</u> Up to 0.30 Up to 2.00 0.05 - 0.50 0.55 - 1.00 Each <u>0.10</u> <u>3.00</u>	Arms bent Completely bent arms, causing head to contact the mat Incorrect shoulder alignment (showing a shoulder angle less than 180°) Failure to show an inverted vertical position from hands to hips (performing a forward rolling action) Contacting the mat stack with the hands after vertical * Contact from 1° to 45° past vertical *Contact from 46° to 89° past vertical Additional hand placement (taking steps/hops on hands) Max 0.30 Failure to contact mat with both hands (performs a front layout or touch w/only 1 hand)
POST HANDSTAND PHASE	Up to 1.00 <u>1.00</u> <u>0.50</u> <u>0.50</u>	Failure to land on flat back <i>EX: for applying this deduction:</i> Gymnast lands on her feet, salutes, & steps off mat Gymnast lands on her seat (90 hip angle), salutes & steps off mat Gymnast lands on her back with an arch & bent legs, salutes & steps off the mat If the gymnast makes any of the above execution errors, then lies back to a straight lying straight position, NO DEDUCTION for failure to finish in a straight lying position is taken, however, execution deductions may be applied for the errors while the gymnast is falling to her back. (Post-Handstand Phase) The evaluation ends when in a straight lying position

If a gymnast attempts Bronze Vault Option #2: Jump to Handstand - Fall to Flat Back

- but performs an incomplete or incorrect vault
- instead of taking a 0 score (Void) on Bronze Vault option #2
- Use that attempt as a Void for Bronze Vault 1A (deduction of 4.50) and
- Perform Vault 1B to achieve a Score

XCEL SILVER VAULT

FIRST FLIGHT PHASE	<p>^0.10 Incorrect foot form (flexed, sickled) Incorrect leg form</p> <p>^0.10 *Legs crossed</p> <p>^0.20 *Legs separated</p> <p>^ 0.30 *Knees bent</p> <p>Poor technique</p> <p>^0.10 *Failure to maintain neutral head position</p> <p>^0.20 *Hip Angle</p> <p>^0.20 *Arched body</p> <p>^0.30 Incomplete LA Turn (<i>Option 2</i>)</p> <p>^0.30 Failure to pass thru Vertical (<i>Option 2 Vault</i>)</p>
SUPPORT/ REPULSION PHASE	<p>Poor Technique</p> <p>^0.10 *<i>Staggered/alternate hand placement on the handspring Vault (Option 1)</i></p> <p>^0.10 *<i>Failure to maintain neutral head position</i></p> <p>^0.20 *<i>Shoulder Angle</i></p> <p>^0.20 *<i>Arched Body</i></p> <p>^0.20 *<i>Alternate Repulsion from hands on the Handspring Vault (Option 1)</i></p> <p>Ea <u>0.10</u> Additional hand placements (<i>taking steps/hops on hands</i>) (Max 0.30)</p> <p>^0.50 Bent arms (90° or more = max deduction) *<i>A slight arm bend of the lead arm is allowed on the 1/4-1/2 on Vaults (Option 2)</i></p> <p>^0.05 Too Long in Support</p> <p>(CJ)<u>1.00</u> Touch with only <i>one</i> hand on the Mat Stack *<i>CJ Ded, if at least 1/2 of panel sees only ONE hand touch</i></p> <p>VOID No hand contact on the Mat Stack</p> <p><u>2.00</u> Head Contacting the Mat Stack in support phase (<i>includes 0.50 did for arm bend</i>)</p>
SECOND FLIGHT PHASE	<p>^0.10 Incorrect foot form (flexed/Sickled)</p> <p>^0.10 Failure to maintain neutral head position</p> <p>Incorrect Leg Form</p> <p>^0.10 *<i>Legs Crossed</i></p> <p>^0.20 *<i>Legs Separated</i></p> <p>^0.30 *<i>Knees Bent</i></p> <p>^0.20 Brush or hit of body/head on Mat Stack table during post-flight</p> <p>^0.30 Failure to maintain stretched body (arch or pike)</p>
LANDING	<p>^0.10 Sight hop, small adjustments of feet or staggered feet</p> <p>^0.10 Extra Arm Swing</p> <p>Ea <u>0.10</u> Extra Steps (max of 0.40)</p> <p><u>0.05</u> Failure to join heels together on controlled extension of landing w/feet a max of hip-width apart</p> <p>^0.10 Entire foot/feet slide or lifted off floor to join on landing with feet a max of hip-width apart</p> <p><u>0.10</u> Landing with feet further than hip-width apart</p> <p>^0.20 Incorrect body posture on landing</p> <p>^0.20 Additional Trunk movements to maintain balance</p> <p><u>0.20</u> Large step or jump (approximately 3 feet +)</p> <p>^0.30 Squat on landing (hips even with or lower than knees)</p> <p>^0.30 Slight brush/touch of 1 or both hands on mat (no support)</p> <p>^0.30 Deviation form a straight direction (determined by initial contact with mat)</p> <p>^ 0.30 Insufficient dynamics</p> <p><u>0.50</u> Support on landing mat with 1 or 2 hands</p> <p><u>0.50</u> Fall on mat to knee(s) or hips Fall against the Mat Stack</p> <p>VOID Landing in a sitting, lying, or standing position on top of the mat stack</p>
GENERAL	<p>EA <u>0.50</u> Spotting Landing Fall after Spot Assist (additional) (CJ) Vault without signal</p> <p>VOID Failure to land on any part of Bottom of Feet first Any Vault w/more than 1/4 twist in 2nd Flight</p> <p><u>1.00</u> Spotting Assistance during the vault (Max total Spot Deduction not to exceed 1.50)</p> <p>VOID Performing 2nd or 3rd Balk. No deduction for 1st Balk</p> <p>VOID Run approach which results in the gymnast coming to rest or support on top of mat stack w/o execution of vault (Also includes handstand forward roll) EX: Rebounds from board, places hands on Mat Stack, arrives in 3/4 HS Position, loses momentum and steps down on Mat Stack or falls onto Board.</p>

XCEL GOLD & PLATINUM VAULT

The Vaults listed below are ALLOWED

Start Values: All Vaults for Gold Division are Valued at 10.00

See Platinum Chart for Platinum Vault Values

Use of Alternative Trampoline-like Springboard Apparatus:

Gold Division: Start Value will be **9.50**

Platinum Division: NOT ALLOWED. If used, the Vault will be **VOID**

Performance of a Restricted Vault will result in an EVENT score of "0" VOID

If a Gymnast attempts a Vault listed on the Vault Chart for her Division, but does not complete it, resulting in a Vault that is not found on the Chart, the Vault is scored "0" VOID

However, the gymnast does NOT receive a "0" VOID as the Final Score for the event, if the other Vault is a Legitimate Vault

If EITHER of the two Vaults performed are Vaults that are not allowed at the gymnast's division, the gymnast receives a Final Score of "0" VOID for the event, because a Restricted Vault was performed

GOLD DIVISION VAULT CHART

XCEL CODE #	NAME OF SPECIFIC ALLOWALBE VAULT		
1.101 & 1.103	Handspring	OR	Yamashita
1.102 & 1.104	Handspring - 1/2 twist off	OR	Yamashita - 1/2 twist off
1.105	1/2 twist on - 1/2 twist off	OR	1/4 twist on - 3/4 twist off
1.106	1/4 twist on - Repulsion (with flight to feet) off OR 1/2 twist on - Repulsion (with flight to feet) off		
1.109	1/4 twist on - 1/4 twist off - to land facing away from the table		
1.201 & 1.203	Handspring - 1/1 twist	OR	Yamashita - 1/1 twist
1.206	1/2 twist on - 1/1 twist off	OR	1/4 twist on - 1 1/4 twist off
1.207	1/1 twist on - Handspring or Yamashita off		
1.208	1/1 twist on - 1/2 twist off		

PLATINUM DIVISION VAULT CHART

XCEL CODE #	NAME OF SPECIFIC ALLOWABLE VAULT			
1.101 & 1.103	Handspring	OR	Yamashita	9.80
1.102 & 1.104	Handspring - 1/2 twist off	OR	Yamashita - 1/2 off	10.00
1.105	1/2 twist on - 1/2 twist off	OR	1/4 twist on - 3/4 twist off	10.00
1.106	1/4 twist on - Repulsion (with flight to feet) off OR 1/2 twist on - Repulsion (with fight to feet) off			9.80
1.109	1/4 twist on - 1/4 twist off - to land facing away from table			9.80
1.201 & 1.203	Handspring - 1/1 twist.	OR	Yamashita - 1/1 off	10.00
1.206	1/2 twist on - 1/1 twist off	OR	1/4 twist on - 1 1/4 twist off	10.00
1.207	1/1 twist on - Handspring or Yamashita off			10.00
1.208	1/1 twist on - 1/2 twist off			10.00

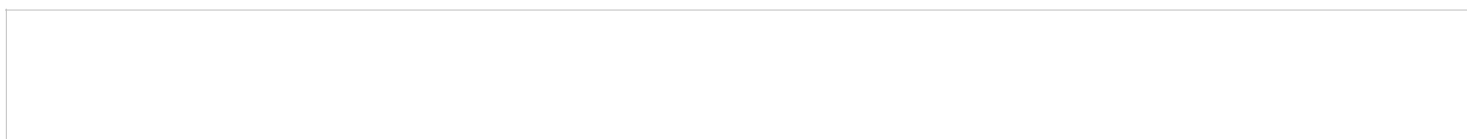
XCEL DIAMOND DIVISION VAULT CHART

<i>Xcel Code #</i>	<i>VALUE</i>	<i>NAME OF SPECIFIC ALLOWABLE VAULT</i>
1.101	9.40	Handspring
1.102	9.60	Handspring - 1/2 twist off
1.103	9.40	Yamashita
1.104	9.60	Yamashita - 1/2 twist off
1.105	9.60	1/2 twist on - 1/2 twist off OR 1/4 twist on - 3/4 twist off
1.106	9.40	1/4 twist on - Repulsion (with flight to feet) off OR 1/2 twists on - Repulsion (with flight to feet) off
1.109	9.40	1/4 twist on - 1/4 twist off - to land facing away from the table
1.201	10.00	Handspring - 1/1 twist
1.202	10.00	Handspring - 1 1/2 twist
1.203	10.00	Yamashita - 1/1 twist
1.205	10.00	1/2 twist on - 1 1/2 twist off OR 1/4 twist on - 1 1/4 twist off
1.206	9.90	1/2 twist on - 1/1 twist off. OR 1/4 twist on - 1 1/4 twist off
1.207	10.00	1/1 twist on - Handspring or Yamashita off
1.208	10.00	1/1 twist on - 1/2 twist off
1.301	10.00	Handspring - 2/1 twist off
1.306	10.00	1/2 twist on - 2/1 twist off OR 1/4 twist on 2 1/4 twist off
2.301	10.00	Handspring - Front Salto Tucked
3.201	10.00	Tsukahara - Back Tuck
3.303	10.00	Tsukahara - Back Pike
3.304	10.00	Tsukahara - Back Layout
4.101	9.40	RO, FF on - Repulsion (with flight to feet) off
4.102	9.60	RO, FF on - Repulsion 1/2 twist off
4.201	10.00	RO, FF on - 1/1 twist off
4.202	10.00	RO, FF on - 1 1/2 twist off (Allen)
4.203	10.00	RO, FF on - Back Tuck
4.304	10.00	RO, FF on Back Pike
4.305	10.00	RO, FF on - Back Layout
5.101	9.60	RO, FF 1/2 on - Handspring
5.201	10.00	RO, FF 1/2 on - 1/1 twist off
5.202	10.00	RO, FF 1/2 on - 1 1/2 twist off
5.312	10.00	RO, FF 1/2 on - 2/1 twist off

XCEL GOLD, PLATINUM, & DIAMOND VAULT

FIRST FLIGHT PHASE	<p>^0.10 Incorrect foot form(flexed, sickled) Incorrect leg form</p> <p>^0.10 *Legs Crossed</p> <p>^0.20 *Legs Separated</p> <p>^0.30 *Knees Bent</p> <p>Poor technique</p> <p>^0.20 *Hip Angle</p> <p>^0.20 *Arched Body</p> <p>^0.30 Incomplete LA Turn</p> <p>^0.30 Failure to pass through Vertical on Vaults with LA turn in pre-flight</p>
SUPPORT/ REPULSION PHASE	<p>Poor Technique</p> <p>^0.10 *Staggered/alternate hand placement on all vaults, except Diamond Tsukaharas</p> <p>^0.20 *Shoulder Angle</p> <p>^0.20 *Arched Body</p> <p>^0.20 *Alternate Repulsion from hands on all vaults, except Diamond Tsukahara vaults</p> <p>^0.30 Prescribed LA turn begun too early</p> <p>Ea <u>0.10</u> Additional hand placements (<i>taking steps/hops on hands</i>) (Max 0.30)</p> <p>^0.50 Bent arms (90° or more = max deduction) *A slight arm bend of the lead arm is allowed on Tsukahara vaults</p> <p>^0.50 Too Long in Support</p> <p>(CJ) <u>1.00</u> Touch with only <u>one</u> hand on the vault table *CJ Ded, if at least 1/2 of panel sees only <u>ONE</u> hand touch</p> <p>VOID No hand contact on the vault table</p> <p><u>2.00</u> Head Contacting the table in support phase(<i>includes 0.50 ded for extreme arm bend</i>)</p>
SECOND FLIGHT PHASE	<p>^0.10 Incorrect foot form (flexed/sickled)</p> <p>^0.10 Insufficient exactness of LA turn</p> <p>^0.10 Under rotation of Salto vaults</p> <p>Incorrect Leg Form</p> <p>^0.10 *Legs Crossed</p> <p>^0.20 *Legs Separated</p> <p>^0.30 *Knees Bent</p> <p>^0.20 Brush or hit of body/head on table during post-flight</p> <p>^0.30 Insufficient Length - <i>When evaluating length, consider size of athlete, type of vault, where the hands Contact table & where feet land & overall amplitude; not just distance from the end of table & lands</i></p> <p>^0.30 Failure to maintain stretched body (pike down stretched vaults to facilitate landing)</p> <p>Insufficient exactness of body position:</p> <p>^0.30 *Insufficient tuck/pike (<i>tuck min 90° bend in hip & legs; pike min 90° bend in hips</i>)</p> <p>^0.30 *Insufficient stretch (<i>> than 135° is considered stretched position</i>)</p> <p>^0.30 *Insufficient stretched position (<i>hip angle 136° - 179°</i>)</p> <p>^0.30 *Arch</p> <p>^0.30 Late completion of the twist</p> <p>Insufficient extension (open) of body before landing</p> <p>^0.25 *Insufficient and/or late extension (<i>tuck & pike vault</i>)</p> <p><u>0.30</u> *Total absence of extension (<i>tuck & pike vault</i>)</p> <p>^0.50 Insufficient height</p> <p>^0.50 Prescribed LA turn begun too late</p>

LANDING	^0.10	Slight hop, small adjustments of Feet or Staggered Feet
	^0.10	Extra Arm Swing
	EA 0.10	Extra Steps (max of 0.40)
	0.05	Failure to join heels together on controlled extension of landing w/feet a max of hip-width apart
	^0.10	Entire foot/feet slide or lifted off floor to join on controlled extension of landing with feet a max of hip-width
	0.10	Landing with feet further than hip-width apart
	^0.20	Incorrect Body Posture on landing
	^0.20	Additional Trunk movements to maintain balance
	0.20	Large step or jump (approximately 3 feet +)
	^0.30	Squat on landing (hips even with or lower than knees)
	^0.30	Slight brush/touch of 1 or both hands on mat (no support)
		Prescribed LA turn incomplete
	^0.10	*1° - 30° missing
	0.15 - 0.20	*31 - 60° missing
	0.25 - 0.30	*61° - 89° missing
	Lower Value	*90 or more missing
	^0.30	Deviation from a Straight Direction (determined by initial contact with mat)
	^0.30	Insufficient dynamics
	0.50	Support on Mat with 1 or 2 hands
	0.50	Fall on mat to knee(s) or hips
0.50	Fall against the Mat Stack	
VOID	Landing in a sitting, lying, or standing position on top of the vault table	
GENERAL	0.50	Spotting Landing
	0.50	Fall after Spotting Assistance (additional)
	CJ 0.50	Vault without signal from Chief Judge *CJ deducts 0.50 from average of next vault
	VOID	Failure to land on any part of Bottom of Feet first *Vault is scored if gymnast falls, landing on hands and bottoms of feet simultaneously
	1.00	Spotting Assistance during the vault *Max total Spot Deduction not to exceed 1.50)
	NO DED	1st Balk
	VOID	Performing 2nd or 3rd Balk
	VOID	Run approach which results in the gymnast coming to rest or support on top of vault table w/o execution of vault EX: Rebounds from board, places hands on table arrives in 3/4 HS Position, loses momentum and steps down on table or falls back on Board.
	VOID	Failure to use the safety zone mat for RO entry vaults
	VOID	Use of alternative springboard for Platinum and Diamond Divisions (If an alternative Springboard is used in the GOLD Division, the Start Value is 9.50)



RANGE:

9.50 - 10.00 = .20. 8:00 - 8.975 = .70
9.00 - 9.475 = .50 7.975 & Below = 1.00

XCEL BARS

FALL TIME :45
COURTSEY SCORE 4:00

BRONZE

WARM UP TIME 30 SECONDS

SPECIAL REQUIREMENTS (.50 ea)

1. Min 4 "A" VP/skills
2. Cast (hips leave bar) (NO mt/dismt)
3. 360° Circling Skills (NO mt/dismt)
4. Dismount on Low Bar (NO Salto)

VALUE PARTS

1. Any "A" VP in Xcel Code of Points
2. Any Skill on Xcel **Bronze** Chart

DIFFICULT RESTRICTIONS -0.50 SV

NO VP, NO SR

1. NO "B" or higher VP
2. NO Skills on HB
3. NO Salto Dismounts
4. No LB Giants

NO EXTRA SWING DEDUCTION

CLARIFICATIONS

- When a skill is preceded by a Cast, both the cast and skill receive separate VP/skill credit. *Exception: cast, squat, or straddle on - jump to HB, cast shoot through and cast off to stand dismount receive 1 "A" VP in ALL DIVISIONS.*
- JO cast angle deductions will NOT be used in any DIVISION

SILVER

WARM UP TIME 45 SECONDS

SPECIAL REQUIREMENTS (.50 ea)

1. Min 5 "A" VP/skills
2. Cast to a min of 45° below Horizontal (must be at the required degree (NO mt/dismt)
3. 360° Circling Skill (NO mt/dismt)
4. Dismount (LB or HB) (NO Salto)

VALUE PARTS

1. Any "A" VP in Xcel Code of Points
2. Any Skill on Xcel **Silver** Chart

DIFFICULTY RESTRICTIONS -0.50 SV

1. NO "B" or higher VP
2. NO Giants allowed (LB or HB)
3. NO Salto Dismounts

NO EXTRA SWING DEDUCTION

CLARIFICATIONS

- When a skill is preceded by a Cast, both the cast and skill receive separate VP/skill credit. *Exception: cast, squat, or straddle on - jump to HB, cast shoot through and cast off to stand dismount receive 1 "A" VP in ALL DIVISIONS.*
- JO cast angle deductions will NOT be used in any DIVISION

GOLD

WARM UP TIME 1:00

SPECIAL REQUIREMENTS (.50 ea)

1. Min 6 "A" VP/skills
2. A skill finishing in a clear support at Horizontal (NO mt/dismt)
3. 360° Circling Skill (NO mt/dismt)
4. Dismount from HB

VALUE PARTS

1. ANY "A" OR "B" VP in Xcel Code Points
2. Any Skill on Xcel **Gold** Chart

DIFFICULTY RESTRICTIONS -0.50 SV

1. NO "C" or higher VP
2. NO Giants allowed (LB or HB)
3. NO Release moves with Bar Change

NO EXTRA SWING DEDUCTION

CLARIFICATIONS

- When a skill is preceded by a Cast, both the cast and skill receive separate VP/skill credit. *Exception: cast, squat, or straddle on - jump to HB, cast shoot through and cast off to stand dismount receive 1 "A" VP in ALL DIVISIONS.*
- JO cast angle deductions will NOT be used in any DIVISION

XCEL BAR SKILLS CHART ADDITIONAL "A" VP SKILLS

BRONZE DIVISION	SILVER DIVISION	GOLD DIVISION
<p>MOUNTS</p> <ul style="list-style-type: none"> • Pullover (from 1 or 2 feet or run) • Jump to Front Support • Glide swing to Stand • Run out glide Kip • Single leg jam Kip (from glide or run) 	<p>MOUNTS</p> <ul style="list-style-type: none"> • Pullover (from 1 or 2 ft or run-on LB or HB) • Glide swing to Stand • Run out glide Kip • Single leg jam Kip (from glide or run out) 	<p>MOUNTS</p> <ul style="list-style-type: none"> • Pullover (from 1 or 2 ft or run-on LB or HB) • Glide swing to Stand • Run out glide Kip • Single leg jam Kip (from glide or run out)
<p>CASTS</p> <ul style="list-style-type: none"> • Cast (Hips must leave bar) 	<p>CASTS</p> <ul style="list-style-type: none"> • Cast to min of 45 below Horizontal 	<p>CASTS</p> <ul style="list-style-type: none"> • Cast to a min of Horizontal
<p>CIRCLES</p> <ul style="list-style-type: none"> • Stride Circle Forward • Stride Circle Backward 	<p>CIRCLES</p> <ul style="list-style-type: none"> • Stride Circle Forward • Stride Circle Backward • Long Hang Pullover (from long swing) 	<p>CIRCLES</p> <ul style="list-style-type: none"> • Stride Circle Forward • Stride Circle Backward • Long Hang Pullover (form long swing)
<p>DISMOUNTS:</p> <ul style="list-style-type: none"> • Cast off to Stand (1 single element, NOT eligible for cast SR or cast VP) • 3/4 Fwd Circle to Stand • From squat, straddle, or stoop position on LB - Stretch Jump off forward to a Stand 	<p>DISMOUNTS:</p> <ul style="list-style-type: none"> • Tap Swing Fwd with 1/2 turn • From squat, straddle, or stoop position on LB - Stretch Jump off forward to Stand • 3/4 Back Seat Circle (pike or straddle) from LB 	<p>DISMOUNTS:</p> <ul style="list-style-type: none"> • Tap Swing Forward with 1/2 Turn
<p>OTHER ALLOWED SKILLS</p> <ul style="list-style-type: none"> • Single Leg Basket swing (bent knee ok) • Single Leg Swing backward • Single Leg Cut forward or backward • Cast Shoot through 	<p>OTHER ALLOWED SKILLS</p> <ul style="list-style-type: none"> • Single Leg Basket swing (bend knee ok) • Single Leg Swing backward • Single Leg Cut forward or backward • Cast Shoot through • Tap Swing or Underswing - Counterswing 	<p>OTHER ALLOWED SKILLS</p> <ul style="list-style-type: none"> • Sing Leg Basket swing (straight leg only) • Single Leg Cut forward or backward • Cast Shoot through • Tap Swing or Underswing - Counter swing

XCEL BARS

PLATINUM WARM UP 1:30

SPECIAL REQUIREMENTS (.50 ea)

1. Skill finishing in clear support above Horizontal (NO mt/dismt)
2. 360° Circling skill (NO mt/dismt)
3. Kip
4. Dismount - HB

VALUE PARTS

6 "A" or "B" VP listed in the Xcel Code of Points
Any Skills listed on the Xcel **Platinum** Chart

DIFFICULT RESTRICTIONS -0.50 SV

NO VP, NO SR
No "C" or higher VP Except Clear Hit to Handstand

NO EXTRA SWING DEDUCTION

CLARIFICATIONS

- A Long Hand Pullover is considered a 360° circling skill only if preceded by a cast.
- Only One (1) tap/underswing may be performed without a 0.30 Extra Swing deduction.
- When a skill is preceded by a Cast, both the cast and skill receive separate VP/skill credit. *Exception". cast, squat, or straddle on - jump to HB, cast shoot through and cast off to stand dismount receive 1 "A" VP in ALL DIVISIONS.*
- *JO cast angle deductions will NOT be used in any DIVISION*

RANGE:

9.50 - 10.00 = .20. 8:00 - 8.975 = .70
9.00 - 9.475 = .50 7.975 & Below = 1.00

FALL TIME :45
MIN SCORE 4.00

9/19/18

DIAMOND WARM UP 2:00

SPECIAL REQUIREMENTS (.50 ea)

1. Skill finishing in a clear support at a min of 45° from vertical (NO mt/dismt)
2. Min "B" 360° Circling Skill
3. Min "B" Skill - either Release, Piroette OR 2nd 360° Circling Skill, (same or different from SR #2)
4. Salto or Hecht Dismount - HB

VALUE PARTS

5 "A", 2"B" VP listed in the Xcel Code of Points
One "D" element is allowed (NO Bonus)
Any Skills listed not he Xcel **Diamond** Chart

DIFFICULTY RESTRICTIONS -0.50 SV

No VP, NO SR
Max of one "D" VP allowed
No "E" VP

NO EXTRA SWING DEDUCTION

CLARIFICATIONS

- A Long Hand Pullover is considered a 360° circling skill only if preceded by a cast.
- Only One (1) tap/underswing may be performed without a 0.30 Extra Swing deduction.
- When a skill is preceded by a Cast, both the cast and skill receive separate VP/skill credit. *Exception". cast, squat, or straddle on - jump to HB, cast shoot through and cast off to stand dismount receive 1 "A" VP in ALL DIVISIONS.*
- *JO cast angle deductions will NOT be used in any DIVISION*

XCEL BARS SKILLS CHART ADDITIONAL "A" VP SKILLS

PLATINUM DIVISION	DIAMOND DIVISION
CASTS <ul style="list-style-type: none"> • Cast 89° to 21° from Vertical 	CASTS <ul style="list-style-type: none"> • Cast 45° to 21° from Vertical
OTHER ALLOWED SKILLS <ul style="list-style-type: none"> • Tap swing or Underswing - counterswing - only one (1) allowed 	9/19/19

RANGE:

9.50 - 10.00 = .20 8:00 - 8.975 = .70

9.00 - 9.475 = .50 7.975 & Below = 1.00

BRONZE**WARM Up :30****Routine: Warning :35 Time :45****SPECIAL REQUIREMENTS (.50 ea)**

1. Min 1/2 Turn on 1 or 2 feet
2. 1 Jump or Leap (NO mt/dismt)
3. 1 Acro Element (Non Flight)
4. Dismount (NO Salto or Aerial)

VALUE PARTS

1. Any "A" VP in Xcel Code
2. Any Skill on Xcel **Bronze** Chart

**DIFFICULT RESTRICTIONS -0.50 SV
NO VP, NO SR**

1. NO "B" or higher VP
2. NO Salto or Aerial Dismounts
3. NO Walkovers

CLARIFICATIONS

- Cross Split Jump or Straddle Jump or Split Leap (any split angle) "A" VP
- All Acro Skills must start & finish on Beam
- Handstands, regardless of angle achieved are considered the same skill
- SR credit will be awarded for cross/side split leaps/jumps that are *within 20° of the specified* split angle. Deduction of up to 0.20 for insufficient split will apply
- A 1/2 Turns must finish a min of 91° to receive VP/SR credit

XCEL BEAM**SILVER****WARM UP :45****Routine: Warning :40 Time :50****SPECIAL REQUIREMENTS (.50 ea)**

1. Min 1/2 Turn on 1 Foot
2. 1 Jump or Leap with a min 90° Cross or Side Split
3. 1 Acro Element (Non Flight)
4. Dismount

VALUE PARTS

1. Any "A" VP IN Xcel Code
2. Any "B" Dance VP
3. Any Skill on Xcel **Silver** Chart

**DIFFICULTY RESTRICTIONS -0.50 SV
NO VP, NO SR**

1. NO "B" Acro VP
2. NO "C" or higher VP

CLARIFICATIONS

- "B" Dance VP allowed
- All Acro Skills must start & finish on Beam
- Handstands, regardless of angle achieved, are considered the same skill
- SR credit will be awarded for cross or side split angle. A deduction of up to 0.20 for insufficient split will apply
- A 1/2 Turns must finish a min of 91° to receive VP/SR credit
- A turn must finish within 44° of requirement to receive VP credit.

**FALL TIME 30 SECONDS
COURTSEY SCORE 4:00****GOLD****WARM UP 1:00****Routine: Warning :50 Time 1:00****SPECIAL REQUIREMENTS (.50 ea)**

1. Min 1/1 Turn on 1 foot
2. 2 Different Leap/Jump/Hop (1 with min 120°) (isolated or series)
3. 2 Acro Elements - 1 must achieve or pass thru vertical (with or w/o flight)
4. Dismount

VALUE PARTS

1. ANY "A" OR "B" VP in Xcel Code
2. Any Skill on Xcel **Gold** Chart

**DIFFICULTY RETRICTIONS -0.50 SV
NO VP, NO SR**

1. NO "C" or higher VP

CLARIFICATIONS

- All Acro skills must start and finish on Beam
- Handstands, regardless of angle achieved, are considered the same skill
- SR credit will be awarded for cross or side split leaps/jumps that are within 20° of the specified split angle. A deduction of up to 0.20 for insufficient split will be applied.
- A turn must finish within 44° or requirement to receive VP credit.

9/19/18

XCEL BEAM SKILLS CHART ADDITIONAL "A" VP SKILLS

BRONZE DIVISION	SILVER DIVISION	GOLD DIVISION
<p>LEAPS & JUMPS (G 2)</p> <ul style="list-style-type: none"> • Stag or Stride Leap (any split angle) • Cross Split Jump (any split angle) • Cross Straddle Jump (any split angle) 	<p>LEAPS & JUMPS (Gr 2)</p> <ul style="list-style-type: none"> • Stag or Stride Leap (min 90°) • Split Jump (min of 90°) • Cross Straddle Jump (min of 90°) 	<p>LEAPS & JUMPS (Gr 2)</p> <ul style="list-style-type: none"> • **Leaps & Jumps with Cross or Side Split (min 120°) • **Leaps & Jumps with a 135° or more Split angle will receive VP credit as listed in the Xcel Code of Points. Refer to Xcel Code for appropriate application of insufficient Split deductions and awarding of Value-Part credit.
<p>TURNS (Gr 3)</p> <ul style="list-style-type: none"> • Pivot Turn (180°) • 1/2 Squat Turn (180°) • 1/2 Heel Snap Turn (180°) • 1/2 Turn on one Foot (180°) • Forward Swing Turn (180°) • Backward Swing Turn (180°) 	<p>TURNS Gr 3)</p> <ul style="list-style-type: none"> • 1/2 Heel Snap Turn (180°) • 1/2 Turn on one Foot (180°) • Forward Swing Turn (180°) • Backward Swing Turn (180°) 	
<p>ACRO ELEMENTS (GRS 5/6/7)</p> <ul style="list-style-type: none"> • <u>Partial Handstand</u> - Both feet off the Beam while at least one leg reaches a min of 45° from Vertical. • <u>Vertical Handstand</u> - Cross or Side/NO Hold/Any Leg position • Bridge from lying position, push up to hold 1 second • Lever to touch Beam 	<p>ACRO ELEMENTS (GRS 5/6/7)</p> <ul style="list-style-type: none"> • <u>Partial Handstand</u> - Both feet off the Beam while at least one leg reaches a minimum of 45° from Vertical • <u>Vertical Handstand</u> - Cross or Side/NO Hold/Any Leg position • Bridge from lying position, push up to hold 1 second 	<p>ACRO ELEMENTS (GRS 5/6/7)</p> <ul style="list-style-type: none"> • <u>Partial Handstand</u> - Both feet off the Beam while at least one leg reaches a min of 45° from Vertical • <u>Vertical Handstand</u> - Cross or Side/NO Hold/Any Leg position
<p>DISMOUNTS (Gr 9)</p> <ul style="list-style-type: none"> • Cartwheel (or any entrance) to <u>Partial Handstand</u> - 45° from Vertical, NO Hold required, land facing the Beam • Cartwheel (or any entrance) to Handstand (<i>mark</i>), 1/4 Turn • Any Jump from feet, also with up to 360° Turn 	<p>DISMOUNTS (Gr 9)</p> <ul style="list-style-type: none"> • Cartwheel (or any entrance) to <u>Partial Handstand</u> - 45° from Vertical, NO Hold required, land facing the Beam • Cartwheel (or any entrance) to Handstand (<i>mark</i>), 1/4 Turn • Any Jump from feet, also with up to 360° Turn 	<p>DISMOUNTS (Gr 9)</p> <ul style="list-style-type: none"> • Cartwheel (or any entrance) to Handstand (<i>mark</i>), 1/4 Turn

XCEL BEAM

PLATINUM

Warm 1:30

Routine: Warning :1:05 Time 1:15

SPECIAL REQUIREMENTS (.50 ea)

1. Min 1/1 Turn on 1 food
2. Dance Series - 2 Gr 1, 2, 3 elements (same or different) **AND** 1 Jump or Leap w/a min 120° Cross or Side Split (Isolated or Series)
3. 1 Acro Flight element OR Acro Series (with or without Flight)
4. Dismount

VALUE PARTS: 6 "A" VP 1 "B" VP

1. Any "A" or "B" VP in Xcel Code of Points
2. Any "C" Dance VP
3. Any Skill on Xcel **Platinum** Skill Chart

DIFFICULT RESTRICTIONS -0.50 SV

NO VP, NO SR

1. NO "C" Acro VP
2. NO "D" or higher VP

CLARIFICATIONS

- "C" Dance VP allowed
- All Acro Skills must start and finish on the Beam
- Handstands, regardless of angle achieved are considered the same skill
- SR credit will be awarded for Cross or Side split Leaps or Jumps that are within 20° of the Division specified Split angle. Deduct up to 0.20 for insufficient Split requirement.

RANGE:

9.50 - 10.00 = .20 8:00 - 8.975 = .70
9.00 - 9.475 = .50 7.975 & Below = 1.00

FALL TIME :30

MINIMUM SCORE 4:00

DIAMOND

WARM UP 2:00

Routine: Warning 1:05 Time 1:15

SPECIAL REQUIREMENTS (.50 ea)

1. Min 1/1 Turn on 1 Foot
2. Dance Series - 2 Gr 1, 2, 3 elements (same or different) **AND** 1 Jump or Leap w/a min 150° Cross or Side Split (Isolated or Series)
3. 1 Acro Series with or without Flight (NO mt/dismt) **AND** 1 Acro flight element (Isolated or Series)
4. Dismount - Salto or Aerial

VALUE PARTS: 5 "A" VP 2 "B" VP

1. Any "A", "B", "C" VP Listed in the Xcel Code of Points
2. 1 "D" element is allowed
3. Any Skill on Xcel **Diamond** Skill Chart

DIFFICULTY RESTRICTIONS -0.50 SV

NO VP, NO SR

1. Maximum of 1 "D" VP
2. NO "E" VP

CLARIFICATIONS

- All Acro Skills must start & finish on Beam
- Handstands, regardless of angle achieved, are considered the same skill
- SR credit will be awarded for Cross or Side split Leaps or Jumps that are within 20° of the Division specified Split angle. Deduct up to 0.20 for insufficient Split requirement.

XCEL BEAM SKILLS CHART ADDITIONAL "A" VP SKILLS

PLATINUM DIVISION	DIAMOND DIVISION
LEAPS & JUMPS (G 2) <ul style="list-style-type: none">• Leaps & Jumps with Cross or Side Split Minimum 120°	LEAPS & JUMPS (Gr 2) <ul style="list-style-type: none">• Sissone (minimum 150°)• Stag-open split leap (minimum 150°) <p style="text-align: right;">9/18/18</p>

RANGE:

9.50 - 10.00 = .20 8:00 - 8.975 = .70
9.00 - 9.475 = .50 7.975 & Below = 1.00

XCEL FLOOR

**FALL TIME 30 SECONDS
COURTESY SCORE 4.00**

BRONZE
WARM UP TIME :30
Routine Time :45

SILVER
WARM UP TIME :45
Routine Time 1:00

GOLD
WARM UP TIME 1:00
Routine Time 1:00

SPECIAL REQUIREMENTS (.50 ea)

1. Min 2 directly connected Acro Elements (with or without Flight)
2. A 2nd Acro Pass (Min 1 Acro Ele) (with or without flight)
May not combine #1 & #2 SR
3. **Dance Passage** w/a min of **2 Different** VP/Skill (dir or indir conn) 1 of which is a LEAP w 60° cross/side split
4. Min 1/2 turn on 1 Foot

SPECIAL REQUIREMENTS (.50 ea)

1. Min 2 directly connected Acro Skills, 1 must have flight
2. **Either** a 2nd Acro Connection with a min of 2 directly connected skills with or w/o Flight **OR** 1 isolated Acro Skill w/Flight
3. Dance Passage with a min of 2 (directly or indirectly) 1 must be a LEAP with 90° cross/side split
4. Min 1/1 turn on 1 Foot

SPECIAL REQUIREMENTS (.50 ea)

1. Min **2 directly connected Flight Skills**
2. **Either** a 2nd Acro connection with a min of 2 directly connected Flight Skills **OR** 1 isolated Aerial or Salto
3. Dance Passage with a min of 2 Different VP or Chart Skill (directly or indirectly connected) 1 of which is a LEAP w/a 120° cross/side split
4. Min 1/1 turn on 1 Foot

VALUE PARTS

1. Any "A" VP in Xcel Code
2. Any Skills on Xcel **Bronze** Chart

VALUE PARTS

1. Any "B" Acro VP
2. Any "B" Dance VP
3. Any Skills on Xcel **Silver** Chart

VALUE PARTS

1. ANY "A" OR "B" VP in Xcel Code
2. Any Skills on Xcel **Gold** Chart

DIFFICULTY RESTRICTIONS -0.50 SV

1. NO "B" or higher VP
2. NO Salto or Aerial
3. Max 2 Flight Skills per Routine

DIFFICULTY RESTRICTIONS -0.50 SV

1. NO "B" Acro VP
2. NO "C" or higher VP
3. Max 1 Salto/Aerial per Routine

DIFFICULTY RESTRICTIONS -0.50 SV

1. NO "B" Saltos
2. No "C" or higher VP
- 3.

CLARIFICATIONS

- RO rebound-backward roll is an Acro Connection
- **Straddle Jump** (60°-180°) "A" VP
- **Side Leap** (60°-180°) "A" VP
- A **Dive Roll** does **NOT** fulfill flight require
- SR credit will be awarded for cross/side split leaps/jumps that are w/in 20° of requirement. A deduction of ^0.20 for insufficient split will be applied.

CLARIFICATIONS

- "B" Since VP allowed
- RO rebound-backward roll is an Acro connection
- A **Dive Roll** does **NOT** fulfill flight requirement
- SR credit will be awarded for cross/side split leaps/jumps that are w/in 20° of the requirement. A deduction of ^0.20 for insufficient split will be applied.

CLARIFICATIONS

- A **Dive Roll** does NOT fulfill a flight requirement
- SR credit will be awarded for cross/side split leaps/jumps that are w/in 20° of requirement. A deduction of ^0.20 for insufficient split will be applied

XCEL FLOOR SKILLS CHART ADDITIONAL "A" VP SKILLS

BRONZE DIVISION	SILVER DIVISION	GOLD DIVISION
<p>LEAPS/JUMPS/HOPS (Gr 1)</p> <ul style="list-style-type: none"> Split Jump (min 60°) Stride Leap (min 60°) Side Leap (60°-180° or more) Straddle Jump (60°-180° or more) Leg Swing Hop with free leg Horizontal or above 	<p>LEAPS/JUMPS/HOPS (Gr 1)</p> <ul style="list-style-type: none"> Split Jump (min 90°) Stride Leap (min 90°) Side Leap (min 90°) Straddle Jump (min 90°) Leg Swing Hop with free leg Horizontal or above 	<p>LEAPS/JUMPS/HOPS (Gr 1)</p> <ul style="list-style-type: none"> Split Jump (min 120°) Stride Leap (min 120°) Side Leap (min 120°) Straddle Jump (min 120°) Leg Swing Hop with free leg Horizontal or above Switch Leg Leap (min 120°)
<p>TURNS (Gr 2)</p> <ul style="list-style-type: none"> 1/2 Turn on one (1) Foot (any leg position) Forward Swing Turn Backward Swing Turn 	<p>TURNS (Gr 2)</p>	<p>TURNS (Gr 2)</p>
<p>ACRO SKILLS</p> <ul style="list-style-type: none"> Handstand: <u>Partial</u> (min 45 - Legs Together) <u>Vertical Handstand</u>: Legs (Together/ Stag/Split) Bridge, Kick-over (from Stand or Lying position) Backward Roll to Push-up shape Headstand 	<p>ACRO SKILLS</p> <ul style="list-style-type: none"> Handstand (Vertical - <i>Mark</i>) Bridge, Kick-over (from Stand or Lying position) Backward Roll to Push-up shape Headstand 	<p>ACRO SKILLS</p> <ul style="list-style-type: none"> Handstand (Vertical - <i>Mark</i>) Bridge, Kick-over (from Stand or Lying position) Backward Roll to Push-up shape Headstand

9/19/19

Leaps and Jumps with a 135° or more Split angle will receive VP credit as listed in the Xcel Code of Points. Refer to Xcel Code for appropriate application of Insufficient Split deduction and awarding of VP credit.

XCEL FLOOR

PLATINUM
WARM UP TIME 1:30
Routine Time 1:30

SPECIAL REQUIREMENTS (.50 ea)

1. *Min 2 Directly Connected Acro Flight elements with "A" OR "B" Salto
2. *2nd Acro Pass - either a 2nd connection with min 2 directly connected Acro Flight elements OR 1 "B" Salto.
***SR #1 & SR #2 may NOT be combined in the same pass**
3. Dance Passage - min 2 Different elements from Gr 1 (Leap/Jump/Hop)(directly or indirectly connected), 1 of which is a Leap with a min 150° Cross or Side Split
4. Min 1/1 Turn on 1 foot

VALUE PARTS: 6 "A" VP 1 "B" VP

1. Any "A" or "B" VP listed in the Xcel Code of Points
2. Any Skills on Xcel **Platinum** Skill Chart

DIFFICULTY RESTRICTIONS -0.50 from SV

1. NO "C" Acro VP
2. NO "D" or higher VP

CLARIFICATIONS

- "C" Dance VP are allowed
- SR credit will be awarded for cross/side split leaps/jumps that are w/in 20° of requirement. Deduction of ^0.20 for insufficient split
- Dive Roll does not fulfill Flight Requirement
- Acro fight elements with hand support are eligible to receive VP credit, regardless of the number of times performed and may also fulfill SR, provided that the series in which they are performed are different.

RANGE:
9.50 - 10.00 = .20 8:00 - 8.975 = .70
9.00 - 9.475 = .50 7.975 & Below = 1.00

FALL TIME :30
MINIMUM SCORE 4:00

DIAMOND
WARM UP TIME 2:00
Routine Time 1:30

SPECIAL REQUIREMENTS (.50 ea)

1. 2 separate Acro Flight series, each with a min of 2 directly connected Acro Flight elements
2. 2 Different Saltos (isolated or in Series) One must be a min "B" (May be included in SR #1)
3. Dance Passage - min 2 Different elements from Gr 1 (Leap/Jump/Hop) (directly or indirectly connected), 1 of which is a Leap with a min 150° Cross or Side Split
4. Minimum "B" Turn on one foot

VALUE PARTS: 5 "A" VP 2 "B" VP

1. Any "A", "B", "C" VP listed in the Xcel Code of Points
2. One "D" VP allowed (NO Bonus)
3. Any Skills on Xcel **Diamond** Skill Chart

DIFFICULTY RESTRICTIONS -0.50 from SV

1. One "D" VP allowed
2. NO "E" VP

CLARIFICATIONS

- SR credit will be awarded for cross/side split leaps/jumps that are w/in 20° of the requirement. Deduct ^0.20 for insufficient split.
- Dive Roll does not fulfill Flight Requirement
- Acro fight elements with hand support are eligible to receive VP credit, regardless of the number of times performed and may also fulfill SR, provided that the series in which they are performed are different.

9/19/18

XCEL FLOOR SKILLS CHART ADDITIONAL "A" VP SKILLS

PLATINUM DIVISION	DIAMOND DIVISION
LEAPS/JUMPS/HOPS (Gr 1) • All Leaps/Jumps Cross/Side Split (min 150°)	LEAPS/JUMPS/HOPS (Gr 1) • All Leaps/Jumps Cross/Side Split (min 150°) 9/19/18

**Leaps and Jumps with a 135° or more Split angle will receive VP credit as listed in the Xcel Code of Points.
 Refer to Xcel Cide for appropriate application of Insufficient Split deduction and awarding of VP credit.**