

# Level 1 and Xcel Bronze VT 1

## Stretch jump; Handstand to flat back SV= L1 10.0 L1 / XB1 9.0 SV

**STRETCH JUMP SV = L1 5.0 / XB1 4.5**

**KICK TO HANDSTAND, FLAT BACK SV = L1 5.0 / XB1 4.5**  
(gymnast may step back on board to kick to hdst on board or mat stack)

**Run L1 only:**  
horiz sp ^ 0.3  
exc lean ^ 0.3

Height ^ 0.5  
Arm/head align ^ 0.3  
Body: ^ 0.3 arch  
          ^ 0.5 pk  
          ^ 0.5 tuck  
Leg split ^ 0.2  
feet ^ 0.1

Arms by ears ^ 0.2  
Lever ^ 0.1 (XB)  
Extra kick up 0.5 ea

**In support:**  
Arms ^ 0.5  
Shoulder angle ^ 0.3  
Body ^ 0.3 arch  
          ^ 0.5 pk  
Legs ^ 0.3  
Leg split ^ 0.2  
feet ^ 0.1  
Add'l hand steps 0.1 ea  
Fail to show inverted vertical pos. (roll) –  
L1= 2.0 XB = VOID

Add'l jumps 0.3 ea

**Dynamics ^ 0.3**

Mat: min 16" max 48"  
May use alternate springboard

**Jump Landing --**  
Failure to land in demi-plie w control, proper body ^ 0.5  
Land not bottom of feet first = VOID (5.0 or 4.5)  
Fall after landing on feet 0.5  
Coach spot on straight jump = L1 2.0/ XB 1.0  
**XB1 only:** feet land max hip width and not close 0.05  
feet land wider than hip width, not close 0.1  
entire foot/feet slide or lift off floor to join ^ 0.1  
staggered feet ^ 0.1

**Landing- while on her back**  
finish on straight lying position ^ 1.0  
- 0.5 arched position on mat, bent legs  
- 0.5 lands sitting, salutes, leaves  
- 1.0 lands on feet, salutes, leaves  
May take execution while falling to back if lands as above but lays down to finish  
XB- NO Penalty for sliding off the end of the mat stack.

\*Remember Xcel courtesy score = 4.0 when you void half of vault

BALK= running approach that does NOT come to rest/support on top of mat stack. Balk 2&3=VOID

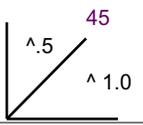
## Level 2 and Xcel Bronze VT 2

### jump to hdst, fall flat back

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

All levels: 45 sec fall time starts once gymnast on her feet...if exceeds time, no 2<sup>nd</sup> vault attempt allowed

Level 2	both	Bronze 2
min 16" mat tape line 32"	May use alternate springboard	min 16" mat max 48"



angle=body when hands hit mat, **past** the vertical

**Run L2 only:**  
insuf acc ^ 0.3  
horiz sp ^ 0.3  
exc lean ^ 0.3

**Flight:**  
head ^ 0.1  
B ^ 0.3 arch  
          ^ 0.5 pk  
L ^ 0.3  
LS ^ 0.2  
ft ^ 0.1

**In support:**  
head ^ 0.1  
shoulders ^ 0.3  
arms ^ 0.5 / 2.0  
step 0.1 ea  
angle ^ 1.0  
B ^ 0.3 arch  
          ^ 0.5 pk  
L ^ 0.3  
LS ^ 0.2  
ft ^ 0.1

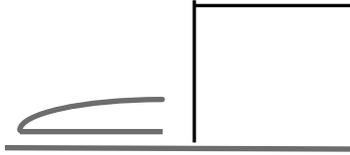
**L2 only:**  
hands land beyond tape line -0.5  
Staggered in/out zone -0.2

Add'l jumps 0.3 ea

**Post hdst, while falling to back**

head ^ 0.1  
Body ^ 0.3 arch  
          ^ 0.5 pike  
Legs ^ 0.3  
Leg split ^ 0.2  
feet ^ 0.1

failure to show inverted vertical pos. (roll) = ^ 2.0  
failure to contact mat with both hands = 3.0  
incorrect vault = VOID (never achieves vertical and returns to the board or rest/support on top of mat stack between board and hands)



Direction ^ 0.3  
Dynamics ^ 0.3

**Landing- while on her back**  
finish on straight lying position ^ 1.0  
- 0.5 arched position on mat, bent legs  
- 0.5 lands sitting, salutes, leaves  
- 1.0 lands on feet, salutes, leaves  
XB- NO Penalty for sliding off the end of the mat stack.

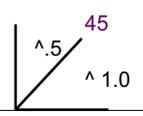
Coach can stand between board and mat, and lean on mat – no deduction  
Xcel - Marking the mat stack is allowed  
**XB 1:**  
aid of coach, any phase = 1.0  
          landing 0.5....max spot ded = 1.5  
**L2:**  
aid of coach before hand support = VOID  
          after hand support = 2.0   landing 0.5

# Level 3 and Xcel Silver Vaulting

XS Option 1: handspring over mat stack  
 XS Option 2: ¼ - ½ onto mat stack, repulsion off

- shoulder angle ^0.2
- arms bent ^0.5 (except Opt 2 lead arm)
- head touch 2.0 (includes arms ded.)
- neutral head ^0.1
- Body piked ^0.5
- arched ^0.3
- step/hop hands ea 0.1 max 0.3
- staggered/alt hand ^0.1
- alt repulsion ^0.2

**L3 only in support:**  
 Legs separated ^0.2  
 Legs bent ^0.3  
 Foot form ^0.1  
 Angle past vert ^1.0



L3: angle=body when hands hit mat, **past** the vertical

L3, Option 1

Failure to pass thru vert (opt 2) ^0.3

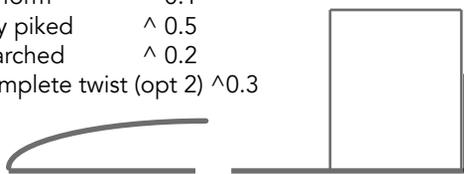
- neutral head ^ 0.1
- legs crossed ^ 0.1
- legs separation ^ 0.2
- legs bent ^ 0.3
- foot form ^ 0.1
- Body piked ^ 0.5
- arched ^ 0.2
- Incomplete twist (opt 2) ^0.3

too long support L3 ^ 0.5  
 XS ^ 0.3

- neutral head ^ 0.1
- legs crossed ^ 0.1
- legs separation ^ 0.2
- legs bent ^ 0.3
- foot form ^ 0.1
- Body piked ^ 0.5
- arched ^ 0.3

NO Height or Length

Late complete twist (opt 2) ^0.3



Mat stack – 24 in to 48 in height, turned sideways  
 At end of mat stack, min 5" tall, 6' x 12 landing mat

**Direction** ^0.3  
 (at initial contact of mat)  
**Dynamics** ^0.3  
 (speed, power)

- One hand on mat stack (at least ½ panel) --1.0 CJ
- No contact of hands on mat stack = VOID
- Coach aid landing --0.5 (if also fall, additional -0.5)
- Coach aiding vault L3 = 2.0  
 XS =1.0 each phase, w/ max spot ded 1.5
- Coach standing between board and mat stack, and leaning/bearing weight on mat stack = NO DEDUCTION
- vault w/o judge's prior signal – take 0.5 off repeated vault
- Not performing allowable choice of vault = VOID
- Use of alternate springboard = XS allowed / L3 VOID
- Incorrect tape/excessive chalk on mat or runway - 0.2 CJ  
 (mark allowed on mat stack)

**Landing**  
 steps each 0.1 sm/ 0.2 lg, max 0.4  
 (entire foot/feet slide or lift off floor to join = sm step)  
 feet land max hip width and not close 0.05  
 feet land wider than hip width, not close 0.1  
 staggered feet, small hop, adjust ^0.1  
 trunk movements ^0.2  
 arm swings to maintain balance ^0.1  
 body posture (when feet land) ^0.2  
 squat (hips lower than knees) ^0.3  
 brush/touch floor (no support) ^0.3  
 brush/hit body on mat stack ^0.2  
 falls/support with hand(s) 0.5  
 falls against mat stack 0.5  
 Failure to land feet first = 2.0 (includes fall)  
*if also lands on mat stack after vertical -2.0 + -0.5*  
 Land standing/sitting/lying on mat stack w/o passing through vertical = VOID

**Balk** = run approach that does NOT come to a rest or support on top of the mat stack. 2<sup>nd</sup> /3<sup>rd</sup> balk = VOID  
 -- allowed 3 approaches to do 1 OR 2 vaults

All levels: 45 sec fall time starts once gymnast on her feet...if exceeds time, no 2<sup>nd</sup> vault attempt allowed

Range -- Avg	
9.5 - 10.0	0.2
9.0 - 9.475	0.5
8.0 - 8.975	0.7
below 8.0	1.0

**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

Quick symbols

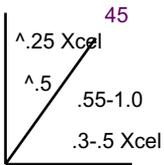
sh	L
arm	LS
h	ft
B	L
step	LS
stag	LCr
alt	h
sup	ft
	B
	tw

La - step  
BP

Timed warm-up – amount determined by **largest squad** in meet.  
 Timing not includes run back/drills/run past table on runway.  
 Start time: a mount onto mat stack for jump or with run/touch springboard.  
 No blocked time.  
 Can run on runway between vaulters (not touch equipment), but NOT in front of judges

Touch warm-up = #vaults guaranteed:  
 XB =1; XS-P, L1-5 =2  
 Allow ONE stand on mat stack to jump off per gymnast before time starts, ONE run back after present.

# Levels 8-10 & XG,XP, XD -- Optional Vaulting



angle = hands to body part furthest past the vertical when leaving the table  
 L8-10 ^1.0  
 XG, XP, XD ^0.5

**Height** ^0.5  
**Distance** ^0.3

legs crossed ^0.1  
 legs separation ^0.2  
 legs bent ^0.3  
 foot form ^0.1

**body shape** –  
 insuf Tuck, Pike ^0.3  
 stretch – arch or pike ea ^ 0.5  
 pike down of stretched ^ 0.3  
 lack of opening ^0.25 absence 0.3  
 (stretch prior to landing)

**Twists** -  
 start twist late ^0.5 (after peak)  
 exact twist ^0.1 (crisp)  
 complete twist late ^0.3 (on mat)  
 (Gps 1, 4&5 w/o salto)  
 incomplete turn ^0.3  
 under rotate salto 0.1

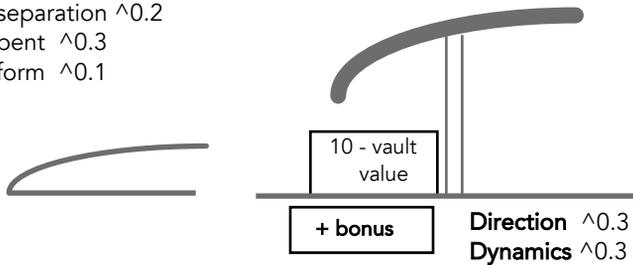
bent legs (early tuck salto vaults) ^0.3  
 shoulder angle ^0.2  
 arms bent ^0.5 (except Tsuk lead arm)  
 head touch 2.0 (includes arms)  
 arched ^0.2  
 step/hop hands ea 0.1, max 0.3  
 early twist ^0.3 (on table)  
 not achieve vertical ^0.3 (twist-on vaults)

staggered/alt hand) ^0.1  
 alt repulsion ^0.2

**non-salto:** too long support ^ 0.5  
 ang of repulsion (L8-10) ^ 1.0  
 (Xcel ^ 0.5)

Except Gp 3 Tsuk or  
 Gp 5 full on- salto  
 off

incomplete twist ^0.3  
 (1/1+ or -1/4)  
 piked, arched ea ^0.2  
 legs crossed ^0.1  
 legs separation ^0.2  
 legs bent ^0.3  
 foot form ^0.1



One hand on table (at least 1/2 panel see) - -1.0 CJ  
 No contact of hands on table = VOID  
 Land standing/sitting/lying on table = VOID  
 Coach between board and table -0.5 (except RO vaults)  
 >> XG, XP, XD = NO deduction

Coach aid landing -0.5 >> if also fall, additional -0.5  
 Coach catching falling gymnast = fall -0.5 ONLY  
 Coach aiding vault = VOID >> **XG, XP, XD = -1.0**

**L8 only:** coach spot **post** flight = -1.0  
 Perform vault w/o judge prior signal – take 0.5 off repeated vault (CJ)  
 Either vault not on appropriate chart (restricted) = VOID  
 Unauthorized matting, unauthorized spring config = 0.3 CJ  
 No safety zone for RO & Hdsp-r-onto-bd vaults = VOID  
 Use of alternate springboard = VOID **XG = 9.5 SV**  
 Incorrect tape/excessive chalk on table or runway = 0.2 CJ

## Landing

steps each 0.1 sm/ 0.2 lg, max 0.4  
 (entire foot/feet slide or lift off floor to join = sm step)  
 feet land max hip width and not close 0.05  
 feet land wider than hip width, not close 0.1  
 staggered feet, small hop, adjust ^0.1  
 add'l trunk movements to maintain balance ^0.2  
 arm swings to maintain balance ^0.1  
 body posture (when feet land) ^0.2  
 squat (hips lower than knees) ^0.3  
 brush/hit body on table ^0.2  
 brush/touch floor ^0.3  
 falls against table = 0.5  
 falls to hand(s)/knee(s)/hips on floor 0.5  
 failure to land feet first = VOID

All levels: 45 sec fall time starts once gymnast on her feet...if exceeds time, no 2<sup>nd</sup> vault attempt allowed

**Balk** = run approach that does NOT come to a rest or support on top of the table. 2<sup>nd</sup> /3<sup>rd</sup> balk = VOID  
 -- allowed 3 approaches to do 1 OR 2 vaults

## Range -- Avg

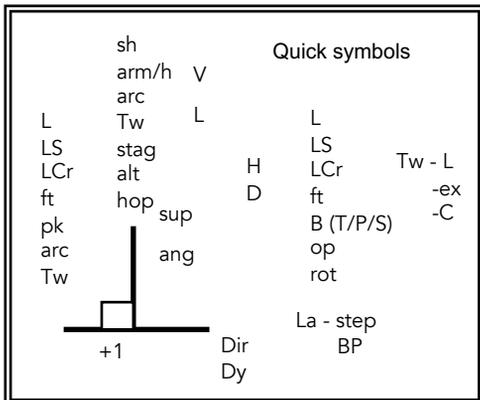
9.5 - 10.0	0.2
9.0 - 9.475	0.5
8.0 - 8.975	0.7
below 8.0	1.0

## 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

## Timed warm-up – amount determined by largest squad in

meet. Timing not includes run back/drills/run past table on runway. Start time: a mount onto table/mat stack for jump/salto off table or with run/touch springboard.  
 No blocked time.  
 Can run on runway between vaulters (not touch equipment), but NOT in front of judges  
**Touch warm-up** = #vaults : XG,XP = 2; XD = 3 L8-10=3  
 Allow ONE stand on table to jump/salto off per gymnast before time starts, ONE run back after present to judges.



sh  
 arm/h v  
 arc  
 L Tw L  
 LS stag  
 LCr alt H LS Tw - L  
 ft hop sup D ft -ex  
 pk arc ang B (T/P/S) -C  
 Tw op  
 rot  
 La - step  
 BP  
 Dir  
 Dy

# Xcel Uneven Bars

	Bronze	Silver	Gold	Platinum	Diamond
Value Parts	As	As	As & Bs	6A 1B	5A 2B
Special Reqmts 0.5 each; (#2,#3 no mt/dismt) No VP = no SR	4 As  Cast (hip off bar)  360° circle skill  Dismount - LB	5 As  Cast min 45° below horiz 360° circle skill  Dismount	6 As  Clear support skill min horiz 360° circle skill  Dismount - HB	Kip  Clear support skill above horiz 360° circle skill  Dismount - HB	Clear support skill min 45° from vertical Min B 360° circle skill Min B skill – release, pirouette, or circle (same or diff) Salto/hecht dismount
Restricted -.5 SV, no VP, no SR, take exec	No Bs + No HB skills No giants No salto dismt	No Bs + No giants (LB) No salto dismt	No Cs + No giants No release elem with bar change	No C + Except: = B (w/o turn) 	1 D allowed No E No bonus
notes	No extra swing	No extra swing	No extra swing No clear hip angle deductions	One tap-countersw allowed w/o ded. Extra swing ded Circles and turns in hdst angles apply	Extra swing ded Circles and turns in hdst angles apply
Warm up	30 sec	45 sec	1:00	1:30	2:00

### CLARIFICATIONS

Cast + skill = may be 2 elem if cast achieves div angle reqmts, **except** for cast to squat/pk/str on- with or w/o jump to HB; cast shoot thru; cast to stand dismt = 1 element

unallowable skill (below reqmts) – no VP, no SR (-0.5). If restricted (above reqmts), take add'l -.5 SV. If restricted dismount, also take 0.3 no dismt of value

Long hand pull over = circle skill if preceded by cast (XP, XD)

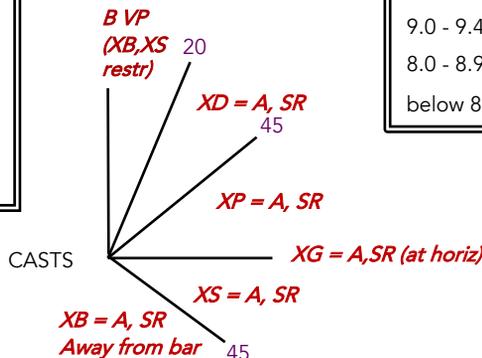
One skill can count for 2 SRs – cast hdst ½; clear hip (circle and clear elem)

With no extra swings, remember 3<sup>rd</sup> cast does not count VP

No composition; max 4.0 execution; courtesy score 4.0

45 sec fall time once gymnast on her feet

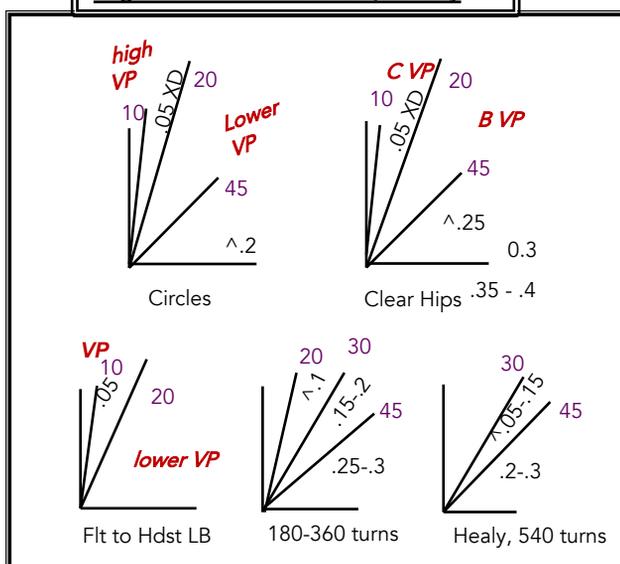
Range (avg)	
9.5 - 10.0	0.2
9.0 - 9.475	0.5
8.0 - 8.975	0.7
below 8.0	1.0



### APPARATUS DEDUCTIONS

<b>dynamics</b> (energy, swingful, effortless)	<b>up to 0.2</b>
rhythm in element/conn	up to 0.1
extra swing/cast (max 0.5 for 1 elem)	ea 0.3
hesitation in hdst or jump to HB	up to 0.1
fail to maintain hand contact 2-part mt	0.1
insuf extension of glide/swing to kip	up to 0.1
amplitude of bar elements, releases	up to 0.2
amplitude of salto dismounts	up to 0.3
under rotation of release/flight elem	up to 0.1
Countersw body arched, hips open over LB	0.3
swing fwd/bwd under horiz	NO ded.
bent arms in support or bent legs	up to 0.3
insuf exact stretch (w arch or pike)	up to 0.2
incomplete turn/twist salto dismt	up to 0.2
fail to maintain stretched body in dismt (pikes down)	up to 0.2
insuf extension (open) of tk/pk prior to land	up to 0.3
lack release bar prior to landing dismt	0.3
landing too close to bars on dismt	0.1
no dismount of value (from SV)	0.3
brush foot on apparatus/mat	up to 0.1
hit foot on apparatus----- 0.2    on mat-----	0.3
grasp apparatus to avoid fall	0.3
third run approach	0.5
Coach between bars throughout exercise	NO PENALTY
failure to remove mount/spot block	(CJ) 0.3

### Angle deductions below – XP, XD only



# Xcel Balance Beam

	Bronze	Silver	Gold	Platinum	Diamond
Value Parts	As	As	As & Bs	6A 1B	5A 2B
Special Reqmts 0.5 each  No VP = no SR  Acro= not mt/dsmt	180° turn, 1 or 2 ft Leap/jump, any angle split Acro skill, non-flight Dismount	180° turn, 1 ft Leap/jump, 90° split Acro skill, non-flight Dismount	360° turn, 1 foot  2 diff Gp 2 elem, one w/ 120° split 2 acro elem, w/w/o flight, one thru vertical Dismount	360° turn, 1 foot <b>Dance series</b> min 2 elem Gp 1/2/3 (same/diff), --AND-- 1 Leap/jump w/120° split (in series or iso) <b>Acro</b> elem w/ flight --OR-- acro series w/w/o flight Dismount	<b>360° turn, 1 foot</b> <b>Dance series</b> min 2 elem Gp 1/2/3 (same/diff) --AND-- Leap/jump 150° split (in series or iso) <b>Acro Series</b> w/w/o flight --AND-- 1 acro flight elem <b>Dismount</b> Salto or Aerial
Restricted -.5 SV, no VP, no SR (-.5), take exec	No Bs + no salto/aerial dismount No walkovers	B dance allowed No Bs + acro No Cs + No flight acro	No Cs +	C dance allowed No C acro No D	1 D allowed No Es No bonus
notes			XG: Gp 2 dance not required in a series	XP,XD: Gp3 elem allowed in Dance series = turns on 1 foot	XP,XD: Mount elem allowed for Dance series: leap/jump free onto beam (1.101,1.201,1.301; XD-1.401)
Split angle	None	90	120	120	150
Warm up	30 sec	45 sec	1:00	1:30	2:00
Routine	<b>45 sec</b>	<b>50 sec</b>	<b>1:00</b>	<b>1:15</b>	<b>1:15</b>

### CLARIFICATIONS

Leap/Jump Split angle for SR = as listed per division within 20° ; split angle for a B/C element VP = min 135, no angle ded when split reaches division reqm't

unallowable skill (below reqmts) – no VP, no SR (-.5). If restricted (above reqmts), take add'l .5 SV, and if restricted dismount, also take 0.3 for no dismt of value

Partial handstands and vertical handstands are considered the same element

Acro skills (w/w/o flt) are different with take off or land with 1 vs 2 feet

Handstands do NOT require a hold; can be used as 1<sup>st</sup> or 2<sup>nd</sup> element in a series

All mounts = A (unless listed B+ in code)

No composition; max 4.0 execution; courtesy score 4.0

### APPARATUS DEDUCTIONS

**\*\*Acro element or series – must start and finish on the beam- no mount or dismount**

relaxed body/leg posture, flexibility throughout	up to 0.3	B/L
relaxed/incorrect footwork in non-VP	up to 0.2	ft
<b>variation of rhythm and tempo throughout</b>	<b>up to 0.2</b>	<b>R</b>
<b>insuff sureness of performance throughout</b>	<b>up to 0.2</b>	<b>sure</b>
<b>dynamic performance</b> (energy, effortless)	<b>up to 0.2</b>	<b>dy</b>
<b>artistry of presentation</b>		<b>art</b>
• 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 acro connection (fwd/back, fwd/side, non-flight) (continuous, slow, in line with beam)	up to 0.2	
rhythm during dance/mix conn.	up to 0.2	
height of acro/dance/saltos	ea up to 0.2	
salto dismount	up to 0.3	
Insufficient leg split in L/J (per SR, VP reqmts)	up to 0.2	
legs not even in split/strad L/J	ea up to 0.2	
failure to land feet together in L/J (land side)	ea up to 0.1	
incomplete turn/twist	ea up to 0.2	
turns not in high relevé	ea up to 0.1	
lack of precision in VP dance	ea up to 0.1	
incorrect body position in VP dance	ea up to 0.1	
insuf exactness of tuck/pike/stretch position	up to 0.2	
hesitation in jump/press/swing to hdst	up to 0.1	
concentration pause – 2 sec = ea .1 >> more than 2 sec =	ea 0.2	
support of leg against beam, hit	ea 0.2	
balance ----- up to 0.3	grasp to prevent fall-----0.3	
use supplement support (feet on floor or base)	0.3	
landing too close to beam on dismt	0.1	
direction of gainer dismount off end	up to 0.3	
Insuf extension of body (open) prior to land	up to 0.3	
body position landing elements/dismounts	up to 0.2	
no dismount of value (from SV)	0.3	
third run approach	0.5	

### CJ Deductions

Overtime 0.1

fail to remove mount device/spotting device 0.3

Incorrect attire/jewelry (warning, take at next event) 0.1

Coach instructs gymnast verbally during routine = 0.2 (no warning, judge must hear)

--if just a cue heard, warn before taking deduction

Coach remains by beam during whole routine =

NO PENALTY in Xcel

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

**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

# Xcel Floor Exercise

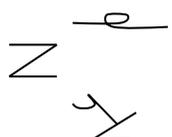
	Bronze	Silver	Gold	Platinum	Diamond
Value Parts	As	As	As & Bs	6A 1B	5A 2B
Special Reqmts 0.5 each  No VP = no SR	2 dir conn acro skills, w/w/o flight 2 <sup>nd</sup> pass w min one acro elem, w/w/o flight <b>Dance passage</b> (2 diff Gp 1 elem, one 60° leap) 180° turn, 1 foot	2 dir conn acro skills, 1 w/ flight 2 <sup>nd</sup> pass either 2 acro conn –OR– acro skill w/flight <b>Dance passage</b> (2 diff Gp 1 elem, one 90° leap) 360° turn, 1 foot	2 dir conn acro flight 2 <sup>nd</sup> pass either 2 acro conn flight skills – OR– 1 salto/aerial <b>Dance passage</b> (2 diff Gp 1 elem, one 120° leap) 360° turn, 1 foot	2 dir conn acro flight w/ 1 A or B salto 2 <sup>nd</sup> pass either 2 acro conn flight –OR– 1 B salto <b>Dance passage</b> (2 diff Gp 1 elem, one 150° leap) 360° turn, 1 foot	2 acro pass (min 2 elem each) 2 diff saltos, 1 min B <b>Dance passage</b> (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	30 sec	45 sec	1:00	1:30	2:00
Routine	<b>45 sec</b>	<b>1:00</b>	<b>1:00</b>	<b>1:30</b>	<b>1:30</b>

### 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 2<sup>nd</sup> time in same connection or 3<sup>rd</sup> time, except for acro flight w/hand support in different acro passes →  
 Two Acro passes are different if: 1) diff number of acro VP, or 2) acro VP are in different order, or 3) acro VP elements are different, or 4) add/deletion of a dance element at end of the acro pass. 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.  
 Restricted elements can receive execution deductions, regardless if receive VP.  
 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
<b>rhythm and tempo (whole exercise)</b>	<b>up to 0.2</b>	R
<b>dynamic performance</b> (energy, effortless)	<b>up to 0.2</b>	dy
<b>artistry of presentation</b>		at
• 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 or more	0.1	