

XCEL VAULT TABLE

	VAULTS	GOLD	PLATINUM	DIAMOND
1.101	Handspring	10.0	9.7	9.4
1.102	Handspring → ½ twist off	10.0	9.9	9.6
1.201	Handspring → 1/1 twist off	10.0	10.0	10.0
1.202	Handspring → 1½ twist off			10.0
1.301	Handspring → 2/1 twist off			10.0
1.103	Yamashita	10.0	9.7	9.4
1.104	Yamashita → ½ twist off	10.0	10.0	9.6
1.203	Yamashita → 1/1 twist off	10.0	10.0	10.0
1.106	¼ twist on → Repulsion off (<i>facing table</i>)	10.0	9.7	9.4
	½ twist on → Repulsion off (<i>facing table</i>)			
1.109	¼ twist on → ¼ twist off (<i>facing away from table</i>)	10.0	9.7	9.4
1.105	¼ twist on → ¾ twist off	10.0	9.9	9.6
	½ twist on → ½ twist off			
1.206	¼ twist on → 1¼ twist off	10.0	10.0	9.9
	½ twist on → 1/1 twist off			
1.205	¼ twist on → 1¾ twist off			10.0
	½ twist on → 1½ twist off			
1.306	¼ twist on → 2¼ twist off			10.0
	½ twist on → 2/1 twist off			
3.201	Tsukahara → Back Tuck			10.0
3.303	Tsukahara → Back Pike			10.0
3.304	Tsukahara → Back Layout			10.0
1.207	1/1 twist on → Handspring or Yamashita off	10.0	10.0	10.0
1.208	1/1 twist on → ½ twist off	10.0	10.0	10.0
4.101	RO-FF on → Repulsion off (<i>flight to feet</i>)		9.7	9.4
4.102	RO-FF on → Repulsion ½ off		9.7	9.6
4.201	RO-FF on → 1/1 twist off			10.0
4.202	RO-FF on → 1½ twist off (<i>Allen</i>)			10.0
4.203	RO-FF on → Back Tuck			10.0
4.304	RO-FF on → Back Pike			10.0
4.305	RO-FF on → Back Layout			10.0
5.101	RO-FF ½ on → Handspring			9.6
5.102	RO-FF ½ on → ½ twist off			9.8
5.201	RO-FF ½ on → 1/1 twist off			10.0
5.202	RO-FF ½ on → 1½ twist off			10.0
5.312	RO-FF ½ on → 2/1 twist off			10.0

XCEL VAULT

VAULT	Bronze	Silver	Gold	Platinum	Diamond
<i>Warm-up time based on # of gymnast in largest squad. If the guaranteed number of vaults have not been completed before time expires, those gymnasts may continue to finish.</i>					
Warm-up:	30 seconds warm-up	45 seconds warm-up	1:00 minute warm-up	1:30 minutes warm-up	2:00 minutes warm-up
Guarantee:	1 warm-up vault	2 warm-up vaults	2 warm-up vaults	2 warm-up vaults	3 warm-up vaults
ALLOWED VAULTS	XB Option 1: 9.0 SV	XS Option 1: 10.0 SV	XG VAULTS: 10.0 SV <i>if uses springboard</i>	XP VAULTS: 9.7 SV	XD VAULTS: 9.4 SV
	Stretch Jump to Mat 4.5 SV Kick HS Fall Flatback 4.5 SV <i>-hands placed on board or on mat</i>	Front Handspring <i>- Over sideways mat stack</i>	XG VAULTS: 9.5 SV <i>if uses alternate springboard apparatus</i>	Handspring or Yami ¼ - ½ twist → Repulsion ¼ twist on → ¼ twist RO-FF on → Repulsion ½ RO-FF ½ on → Handspring	Handspring or Yami ¼ - ½ twist → Repulsion ¼ twist on → ¼ twist RO-FF on → Repulsion
	XB Option 2: 10.0 SV	XS Option 2: 10.0 SV	Handspring or Yami	XP VAULTS: 9.9 SV	XD VAULTS: 9.6 SV
	Jump HS - Fall Flatback <i>-No repulsion required</i>	¼ - ½ twist on → Repulsion <i>- Over sideways mat stack</i> <i>- Land on feet facing mat</i> <i>- Void if additional twist</i>	¼ - ½ twist → Repulsion ¼ twist on → ¼ twist HS / Yami → ½ twist HS / Yami → 1/1 twist ¼ twist on → ¾ twist ½ twist on → ½ twist ¼ twist on → 1¼ twist ½ twist on → 1/1 twist 1/1 twist on → HS / Yami 1/1 twist on → ½ twist	Handspring → ½ twist ¼ twist on → ¾ twist ½ twist on → ½ twist	HS / Yami → ½ twist ¼ twist on → ¾ twist ½ twist on → ½ twist RO-FF on → Repulsion ½ RO-FF ½ on → Handspring
	<i>If gymnast lands in a flat-back position and then slides off end of the mat = no penalty for a fall.</i>	<i>Unfolded panel or sting mat may be placed on top of stack. Sting mat may be used on landing mat.</i>			XD VAULTS: 9.8 SV RO-FF ½ on → ½ twist
					XD VAULTS: 9.9 SV ¼ twist on → 1¼ twist ½ twist on → 1/1 twist
			XP VAULTS: 10.0 SV	XD VAULTS: 10.0 SV	
MATS	Min Matting: 16" (±1") Max Matting: 48" (±1")	Min Matting: 24" (±1") Max Matting: 48" (±1") Min 6'x12'x5" mat must be placed behind mat stack		Yami → ½ twist HS / Yami → 1/1 twist ¼ twist on → 1¼ twist ½ twist on → 1/1 twist 1/1 twist on → HS / Yami 1/1 twist on → ½ twist	HS / Yami → 1/1 twist Handspring → 1½ - 2/1 twist ¼ twist on → 1¾ - 2¼ twist ½ twist on → 1½ - 2/1 twist 1/1 twist on → HS / Yami 1/1 twist on → ½ twist Tsukahara → Bwd Salto T/P/L RO-FF on → Bwd Salto T/P/L RO-FF on → 1/1 - 1½ twist RO-FF ½ on → 1/1 - 2/1 twist
SPRING BOARD	Alternate springboard apparatus allowed	Alternate springboard apparatus allowed	Alternate springboard apparatus allowed, but with a 9.5 SV	Alternate springboard apparatus NOT allowed VOID Vault if used	Alternate springboard apparatus NOT allowed VOID Vault if used
Spot on Landing = 0.50 Spot in other phase = 1.00 Maximum total spot deduction = 1.50 Angle of repulsion for non-salto vaults starts at Gold					
If performs a vault that is Restricted or is not on the Division list = VOID & 0.0 score					
VAULT	Bronze	Silver	Gold	Platinum	Diamond

XCEL UNEVEN BARS

UB	Bronze	Silver	Gold	Platinum	Diamond
Warm-up:	30 seconds	45 seconds	1:00 minute	1:30 minutes	2:00 minutes
Deduct - 0.5 from SV for each restricted skill performed			— Courtesy score = 4.0		
Difficulty Restrictions	No 'B' or higher VP No Skills on HB No Salto Dismounts No LB Giants	No 'B' or higher VP No Giants (LB or HB) No Salto Dismounts	No 'C' or higher VP No Giants (LB or HB) No release move with bar change	No 'C' or higher VP except: Clear Hip HS = OK Stalder Bwd to HS = OK Pike sole cir bwd to HS = OK	No 'E' VP 1 'D' element allowed No Bonus
Skill preceded by a cast = both receive VP credit — DO NOT use DP cast angle deductions!					
<u>Exceptions:</u> Cast-Squat/Stoop/Straddle on w/wo jump to HB / Cast Shoot-thru = one (1) 'A' VP for all divisions — Cast off DMT = one (1) 'A' VP for Bronze					
VP Clarifications		Long hang pullover from a long swing = 360° circle	Long hang pullover from a long swing = 360° circle	Long hang pullover from a cast = 360° circle	Long hang pullover from a cast = 360° circle
	Cast squat-on to Jump-off DMT are 2 "A" Skills	Cast squat-on to Jump-off DMT are 2 "A" Skills		One tap/underswing-counterswing allowed = "A" with no extra swing deduction	Any Tap/underswing-counterswings receive a - 0.3 extra swing deduction
	No extra swing deduction	No extra swing deduction	No extra swing deduction	Extra swing deductions apply	Extra swing deductions apply
Value Parts Subtract from SV for each missing VP	Bronze 4 A (0.1 each)	Silver 5 A (0.1 each)	Gold 6 A (0.1 each)	Platinum 6 A (0.1 each) 1 B (0.3 each)	Diamond 5 A (0.1 each) 2 B (0.3 each)
VP & SR credit given for casts finishing within 10° of requirement. Deduct up to 0.1 for amplitude deficiency.					
Special Requirements Deduct -0.5 from SV for each missing SR	1. Mount LB	1. Mount	1. Skill that finishes in clear support - Min. horizontal (10°) - Not Mt/Dmt	1. Skill that finishes in clear support - Above horizontal (10°) - Not Mt/Dmt	1. Skill that finishes in clear support - Min 45° from vertical (10°) - Not Mt/Dmt
	2. Cast - Hips must leave bar - Not Mt/Dmt	2. Cast - Min 45° below Horz. - Not Mt/Dmt	2. 360° Circling Skill - Not Mt/Dmt	2. 360° Circling Skill - Not Mt/Dmt	2. 360° Circling Skill - 'B' - Minimum 'B' - Not Mt/Dmt
	3. 360° Circling Skill - Not Mt/Dmt	3. 360° Circling Skill - Not Mt/Dmt	3. 2nd 360° Circling Skill - Not Mt/Dmt - same or diff	3. Kip	1. Minimum 'B' skill - Release, Turn, or 2nd 360° Circle (same or diff)
	4. Dismount - LB - No saltos	4. Dismount - HB or LB - No saltos	4. HB Dismount	4. HB Dismount	4. HB Dismount - Salto / Hecht
UB	Bronze	Silver	Gold	Platinum	Diamond

XCEL UNEVEN BARS

UNEVEN BARS - Additional 'A' Value Part Chart

UB	Bronze	Silver	Gold	Platinum	Diamond
'A' MOUNTS	<ul style="list-style-type: none"> • Pullover LB - 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 	<ul style="list-style-type: none"> • Pullover LB or HB - 1 or 2 feet or run • Jump to squat on • Glide swing to stand • Run-out glide kip • Single leg Jam kip - From glide or run 	<ul style="list-style-type: none"> • Pullover LB or HB - 1 or 2 feet or run • Jump to squat on • Glide swing to stand • Run-out glide kip • Single leg Jam kip - From glide or run 	<ul style="list-style-type: none"> • Jump to squat on 	<ul style="list-style-type: none"> • Jump to squat on
'A' CASTS	<ul style="list-style-type: none"> • Cast - Hips must leave the bars 	<ul style="list-style-type: none"> • Cast - $\geq 45^\circ$ below horizontal - SR/VP credit if within 10° 	<ul style="list-style-type: none"> • Cast - Min horizontal - SR/VP credit if within 10° 	<ul style="list-style-type: none"> • Cast - $89^\circ - 21^\circ$ from vertical - SR/VP credit if within 10° 	<ul style="list-style-type: none"> • Cast - $45^\circ - 21^\circ$ from vertical - SR/VP credit if within 10°
'A' CIRCLES	<ul style="list-style-type: none"> • Stride Circle Fwd • Stride Circle Bwd 	<ul style="list-style-type: none"> • Stride Circle Fwd • Stride Circle Bwd • Long hang pullover - From long swing = 360° circle 	<ul style="list-style-type: none"> • Stride Circle Fwd • Stride Circle Bwd • Long hang pullover - From long swing = 360° circle 	<ul style="list-style-type: none"> • Long hang pullover - From cast = 360° circle 	<ul style="list-style-type: none"> • Long hang pullover - From cast = 360° circle
'A' SWINGS & OTHER SKILLS	<ul style="list-style-type: none"> • Basket Swing - 1 leg - Bent knee OK • Cast shoot-through • Single leg cut Fwd/Bwd • Single leg swing Fwd/Bwd 	<ul style="list-style-type: none"> • Tap/Under Swing - Counterswing • Basket Swing - 1 leg - Bent knee OK • Cast shoot-through • Single leg cut Fwd/Bwd • Single leg swing Fwd/Bwd 	<ul style="list-style-type: none"> • Tap/Under Swing - Counterswing • Basket Swing - 1 leg - Bent knee OK • Cast shoot-through • Single leg cut Fwd/Bwd 	<ul style="list-style-type: none"> • Tap/Under Swing - Counterswing - Only one (1) allowed 	
'A' DISMOUNTS	<ul style="list-style-type: none"> • Cast-off to Stand ^{1 VP} - Release bar before landing - No cast VP / No cast SR • $\frac{3}{4}$ Fwd Circle to stand • Stretch Jump Off - Forward to stand - From squat, straddle or stoop on LB 	<ul style="list-style-type: none"> • Tap Swing fwd $\frac{1}{2}$ turn • $\frac{3}{4}$ Bwd Seat Circle - Pike or Straddle from LB • Stretch Jump Off - Forward to stand - From squat, straddle or stoop on LB 	<ul style="list-style-type: none"> • Tap Swing fwd $\frac{1}{2}$ turn 		
UB	Bronze	Silver	Gold	Platinum	Diamond

XCEL BALANCE BEAM

BB	Bronze	Silver	Gold	Platinum	Diamond
Warm-up:	30 seconds warm-up	45 seconds warm-up	1:00 minute warm-up	1:30 minutes warm-up	2:00 minutes warm-up
Time Limit:	45 seconds	50 seconds	1:00 minute	1:15 minutes	1:15 minutes
Deduct - 0.5 from SV for each restricted skill performed			— Courtesy score = 4.0		
Difficulty Restrictions	No 'B' or higher VP No Walkovers No Salto /Aerial Dmts	No 'B' Acro VP No 'C' or higher VP	No 'C' or higher VP	No 'C' Acro VP No 'D' or higher VP	No 'E' VP 1 'D' element allowed No Bonus
All unlisted Mounts are 'A' VP — Acro must start and finish on BB — Handstands are considered the same skill, no 2 sec hold <i>(regardless of angle achieved)</i>					
VP Clarifications	Cross split jump = A Cross straddle jump = A Split leap = A <i>(any split angle)</i>	'B' Dance allowed <u>90° split</u> Leaps/jumps 70-134° = A Leaps/jumps ≥135° = VP	<u>120° split</u> Leaps/jumps 100-134° = A Leaps/jumps ≥135° = VP	'C' Dance allowed <u>120° split</u> Leaps/jumps 100-134° = A Leaps/jumps ≥135° = VP	1 'D' element allowed <u>150° split</u> Leaps/jumps 130-134° = A Leaps/jumps ≥135° = VP
Value Parts Subtract from SV for each missing VP	Bronze 4 A (0.1 each)	Silver 5 A (0.1 each)	Gold 6 A (0.1 each)	Platinum 6 A (0.1 each) 1 B (0.3 each)	Diamond 5 A (0.1 each) 2 B (0.3 each)
SR credit awarded for cross/side leaps/jumps within 20° of specified split. Deduct ↑0.2 for insufficient split					
Special Requirements Deduct -0.5 from SV for each missing SR	1. Min ½ (180°) turn <i>- on 1 or 2 feet</i>	1. Min ½ (180°) turn <i>- on 1 foot</i>	1. Min 1/1 (360°) turn <i>- on 1 foot</i>	1. Min 1/1 (360°) turn <i>- on 1 foot</i>	1. Min 1/1 (360°) turn <i>- on 1 foot</i>
	2. One Jump / Leap <i>- Not Mt/Dmt</i>	2. One Jump / Leap <i>- 90° split cross/side</i> <i>- Not Mt/Dmt</i>	2. Two Jumps / Leaps <i>- Grp 2 -must be different</i> <i>- One = 120° split cross/side</i> <i>- Isolated or in series</i>	2. Dance Series 2 VP <i>- Group 1*,2,3* same or diff</i> <i>*Dance mounts & 1-foot turns</i> AND 1 Leap/Jump <i>- 120° split cross/side</i> <i>- Isolated or in series</i>	2. Dance Series 2 VP <i>- Group 1*,2,3* same or diff</i> <i>*Dance mounts & 1-foot turns</i> AND 1 Leap/Jump <i>- 150° split cross/side</i> <i>- Isolated or in series</i>
	3. One Acro Skill <i>- Non-flight</i> <i>- Must start & finish on beam</i>	3. One Acro Skill <i>- Non-flight</i> <i>- Must start & finish on beam</i>	3. Two Acro Skills <i>- With or without flight</i> <i>- 1 achieves/passes thru inverted vertical</i> <i>- Isolated or in series</i> <i>- Must start & finish on beam</i>	3. One Acro Series <i>- With or without flight</i> <i>- 1 achieves/passes thru vertical</i> <i>- Must start & finish on beam</i> OR 1 Acro Flight Skill <i>- Isolated or in series</i> <i>- Must start & finish on beam</i>	3. One Acro Series <i>- With or without flight</i> <i>- 1 achieves/passes thru vertical</i> <i>- Not Mt / Dmt</i> AND 1 Acro Flight Skill <i>- Isolated or in series</i> <i>- Must start & finish on beam</i>
	4. Dismount <i>- No aerials or saltos</i>	4. Dismount	4. Dismount	4. Dismount	4. Dismount <i>- Aerial or Salto</i>
BB	Bronze	Silver	Gold	Platinum	Diamond

XCEL BALANCE BEAM

BALANCE BEAM - Additional 'A' Value Part Chart

BB	Bronze	Silver	Gold	Platinum	Diamond
'A' LEAPS & JUMPS	<ul style="list-style-type: none"> • Stag / Stride Leap - Any split angle • Cross split jump - Any split angle • Cross straddle jump - Any split angle 	<ul style="list-style-type: none"> • Stag / Stride Leap 90° • Cross split jump 90° • Cross straddle jump 90° <p align="center">Credit up to 20° deficiency</p>	<ul style="list-style-type: none"> • Leaps / Jumps 120° - Cross or side split <p align="center">Credit up to 20° deficiency</p>	<ul style="list-style-type: none"> • Leaps / Jumps 120° - Cross or side split <p align="center">Credit up to 20° deficiency</p>	<ul style="list-style-type: none"> • Split of 130 - 134°
'A' ½ TURNS	<ul style="list-style-type: none"> • Pivot Turn - 180° • Squat ½ Turn - 180° • 1-Foot ½ Turn - 180° • Heel snap ½ turn - 180° • Swing Turn Fwd - 180° • Swing Turn Bwd - 180° 	<ul style="list-style-type: none"> • 1-Foot ½ Turn - 180° • Heel snap ½ turn - 180° • Swing Turn Fwd - 180° • Swing Turn Bwd - 180° 			
'A' ACRO	<ul style="list-style-type: none"> • Partial Handstand - One leg reaches min of 45° of vertical while both feet are off beam • Vertical Handstand - Cross or side - No hold - Any leg position • Bridge from Lying on BB - Push up & hold 1 sec. • Lever to touch Beam - No angle required 	<ul style="list-style-type: none"> • Partial Handstand - Feet MUST close together at min. 45° of vertical - Both must be simultaneous • Vertical Handstand - Cross or side - No hold - Any leg position • Bridge from Lying on BB - Push up & hold 1 sec. 	<ul style="list-style-type: none"> • Partial Handstand - Feet MUST close together at min. 45° of vertical - Both must be simultaneous • Vertical Handstand - Cross or side - No hold - Any leg position 		
'A' DISMOUNTS	<ul style="list-style-type: none"> • Cartwheel to Partial HS - Any entry / No hold - 45° of vertical - Land facing Beam • Cartwheel to HS ¼ turn - Any entry / Mark HS • Any Jump from feet - also up to 360° turn 	<ul style="list-style-type: none"> • Cartwheel to Partial HS - Any entry / No hold - 45° of vertical - Land facing Beam • Cartwheel to HS ¼ turn - Any entry / Mark HS • Any Jump from feet - also up to 360° turn 	<ul style="list-style-type: none"> • Cartwheel to HS ¼ turn - Any entry / Mark HS 		
BB	Bronze	Silver	Gold	Platinum	Diamond

Leaps/Jumps with ≥ 135° will receive Xcel CoP listed Value Part

XCEL FLOOR EXERCISE

FX	Bronze	Silver	Gold	Platinum	Diamond
<i>Warm-up time based on # of gymnast in largest squad</i>					
Warm-up:	30 seconds warm-up	45 seconds warm-up	1:00 minute warm-up	1:30 minutes warm-up	2:00 minutes warm-up
Time Limit:	45 seconds	1:00 minute	1:00 minute	1:30 minutes	1:30 minutes
Deduct - 0.5 from SV for each restricted skill performed			— Courtesy score = 4.0		
Difficulty Restrictions	No 'B' or higher VP No Saltos / Aerials Max 2 Acro flight skills <i>per routine</i>	No 'B' Acro VP No 'C' or higher VP Maximum 1 Salto/Aerial <i>per routine</i>	No 'B' Twisting Saltos No 'C' or higher VP	No 'C' Acro VP No 'D' or higher VP	No 'E' VP 1 'D' element maximum No Bonus
Acro hand support flight skills VP are SR eligible regardless of the number of times performed - Acro Pass must be different					
VP Clarifications	<u>60° split</u> Straddle/side 40°-180° = A Split/stride 40°-180° = A	<u>90° split</u> Leaps/jumps 70-134° = A Leaps/jumps ≥135° = VP	<u>120° split</u> Leaps/jumps 100-134° = A Leaps/jumps ≥135° = VP	<u>150° split</u> Leaps/jumps 130-134° = A Leaps/jumps ≥135° = VP	<u>150° split</u> Leaps/jumps 130-134° = A Leaps/jumps ≥135° = VP
	RO-Rebound-Back Roll is acro pass connection	RO-Rebound-Back Roll is acro pass connection	Front Pike & Layout OK		
Value Parts Subtract from SV for each missing VP	Bronze 4 A (0.1 each)	Silver 5 A (0.1 each)	Gold 6 A (0.1 each)	Platinum 6 A (0.1 each) 1 B (0.3 each)	Diamond 5 A (0.1 each) 2 B (0.3 each)
Dive Roll does NOT fulfill acro flight! — SR credit awarded for cross/side leaps/jumps within 20° of specified split. Deduct ↑0.2 for insufficient split					
SR #1 and SR #2 cannot be combined for Bronze, Silver, Gold, and Platinum					
Special Requirements	1. Acro Pass - 2 VP - 2 directly connected acro - with or without flight	1. Acro Pass - 2 VP - 2 directly connected acro - One with flight	1. Acro Flight Pass - 2 directly connected acro - Both with flight	1. Acro Flight Pass - 2 directly connected w flight - one an 'A/B' Salto	1. Two Acro Flight Passes - 2 separate acro passes - Min 2 acro flight skills each pass - directly connected flight skills
	2. 2nd Acro Pass - Min of 1 Acro Skill - with or without flight	2. 2nd Acro Pass - Min of 2 Acro skills - with or without flight OR 1 Acro flight skill	2. 2nd Acro Flight Pass - 2 directly connected - Both with flight OR 1 Salto or Aerial	2. 2nd Acro Flight Pass - 2 directly connected - Both with flight OR 1 'B' Salto	2. Two Different Saltos - One must be 'B' Salto - Isolated or in series - May be combined with SR#1
	3. Dance Passage - 2 different Group 1 VP - 60° split cross/side leap - direct or indirect	3. Dance Passage - 2 different Group 1 VP - 90° split cross/side leap - direct or indirect	3. Dance Passage - 2 different Group 1 VP - 120° split cross/side leap - direct or indirect	3. Dance Passage - 2 different Group 1 VP - 150° split cross/side leap - direct or indirect	3. Dance Passage - 2 different Group 1 VP - 150° split cross/side leap - direct or indirect
	4. Min ½ (180°) turn - on 1 foot	4. Min 1/1 (360°) turn - on 1 foot	4. Min 1/1 (360°) turn - on 1 foot	4. Min 1/1 (360°) turn - on 1 foot	4. Min 'B' turn - on 1 foot
FX	Bronze	Silver	Gold	Platinum	Diamond

XCEL FLOOR EXERCISE

FLOOR EXERCISE - Additional 'A' Value Part Chart

FX	Bronze	Silver	Gold	Platinum	Diamond
'A' LEAPS & JUMPS	<ul style="list-style-type: none"> • Split Jump 60° • Stride Leap 60° • Side Leap 60°- 180°+ • Straddle Jump 60°- 180°+ • Credit up to 20° deficiency • Leg Swing Hop <i>- Free leg horizontal (within 20°)</i> 	<ul style="list-style-type: none"> • Split Jump 90° • Stride Leap 90° • Side Leap 90°- 180°+ • Straddle Jump 90°- 180°+ • Credit up to 20° deficiency • Leg Swing Hop <i>- Free leg horizontal (within 20°)</i> 	<ul style="list-style-type: none"> • Split Jump 120° • Stride Leap 120° • Side Leap 120° • Straddle Jump 120° • Switch Leap 120° • Credit up to 20° deficiency • Leg Swing Hop <i>- Free leg horizontal (within 20°)</i> 	<ul style="list-style-type: none"> • Leaps / Jumps / Hops <i>- 130 -134° Split</i> <i>- Cross or side split</i> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> Leaps/Jumps with ≥ 135° will receive Xcel CoP listed Value Part </div>	<ul style="list-style-type: none"> • Leaps / Jumps / Hops <i>- 130 -134° Split</i> <i>- Cross or side split</i>
'A' ½ TURNS	<ul style="list-style-type: none"> • 1-Foot ½ Turn - 180° <i>- Any leg position</i> • Swing Turn Fwd - 180° • Swing Turn Bwd - 180° 				
'A' ACRO	<ul style="list-style-type: none"> • Partial Handstand <i>- 45° of vertical</i> <i>- Legs together</i> • Vertical Handstand <i>- Legs together / stag / split</i> • Headstand • Bridge Kick-over <i>- From Stand or Lying</i> 	<ul style="list-style-type: none"> • Vertical Handstand <i>- Mark Handstand</i> • Headstand • Bridge Kick-over <i>- From Stand or Lying</i> 	<ul style="list-style-type: none"> • Vertical Handstand <i>- Mark Handstand</i> • Headstand • Bridge Kick-over <i>- From Stand or Lying</i> 		
ACRO SERIES	<ul style="list-style-type: none"> • RO-Rebound-Back Roll <i>- Acceptable Acro Series</i> <i>- Only these skills!</i> <i>- Roll end position optional</i> 	<ul style="list-style-type: none"> • RO-Rebound-Back Roll <i>- Acceptable Acro Series</i> <i>- Only these skills!</i> <i>- Roll end position optional</i> 			
FX	Bronze	Silver	Gold	Platinum	Diamond